

Falls Church Recreation & Parks



Winter/Spring 2017

Registration Dates:

Residents: January 3; Non-Residents: January 10

Register Online at www.fallschurchva.gov/recreation

Annual Easter Egg Hunt



photo by Gary Mester

Saturday, April 15, 10am

Rain Date: Monday, April 17, 4pm

Cherry Hill Park, 312 Park Avenue

Hunt for candy and prize eggs! The Easter Bunny will visit and take pictures with all the children! Bring a basket to collect eggs. For more information, call **703-248-5178**.

Farmers' Market



photo by Gary Mester

Saturdays - Open Year Round!

January 7-March 25, 2017

9am to 12noon

April 1-December 30, 2017

8am to 12noon

300 Park Avenue, City Hall Parking Lot

Enjoy fresh fruit, vegetables, flowers and more!



To receive our monthly newsletter, visit
www.fallschurchva.gov/recreation

Subscribe on the right side of the page.

36th Annual Memorial Day Parade and Festival

Monday, May 29, 9am-5pm

City Hall Grounds, 300 Park Avenue

The day includes a 3K fun run, parade, Veterans Ceremony, craft, civic and food booths, games, pony rides and much more. For more information, call **703-248-5178**.



photo by Gary Mester

Falls Church Civil War Day

Saturday, May 20, 10am to 2pm

It happened here! Learn how the Civil War affected Falls Church as re-enactors portray both civilians and soldiers from the period. Watch soldiers conduct firing and drilling exercises, listen to letter readings and period music. Look for our children's tent filled with lots of activities for kids. See page 4 for more information.

photo by Gary Mester



Summer Camp

**Start
Planning for
Summer!**

**The Recreation Department begins
hiring for summer camp staff in February**

We are always looking for energetic, responsible individuals that enjoy working with children. We hire Teen Excursion Leaders, Camp Counselors, Extended Day Counselors, and Water Safety Instructors. To apply, visit www.fallschurchva.gov. Information will be available in February.

Community Center Hours of Operation

Monday-Thursday: 8am-10pm
 Friday: 8am-11pm
 Saturday: 8:30am-11pm
 Sunday: 2-6pm (April-December)
 12-6pm (January-March)

Community Center Holiday Schedule

The building will be closed on December 24, December 25, January 1, and April 16. We will close at 5pm on December 31 and May 29.

Hobby Class Holiday Schedule

No classes are held on the following days unless otherwise noted: Jan. 16, 20, Feb. 20, April 8-16, May 29.

Teen Gym Time

Ages 13-19 only: Friday and Saturday, 7-11pm

Adult Gym Time

Ages 19 and over only: Monday, 8-11pm.
 Subject to gym availability.

Phone Numbers

Recreation & Parks Department Office.....703-248-5077
Falls Church Community Center.....703-248-5027
Falls Church Senior Center.....703-248-5020
Teen Center Office703-248-5307
Cherry Hill Farmhouse.....703-248-5171
Fax703-536-8150
Open Gym.....703-248-5077

Table of Contents

Adult Sports	26
Art Classes	11-12
Cherry Hill Farmhouse	4, 7
Dance Classes.....	15-18
Facilities	29-30
Falls Church Clubs	27
Fitness Classes	22-27
Technology	12-13
General Information	3, 34
Hobby Classes.....	8-10
Information for Residents	31-32
Library	33
Martial Arts Classes.....	19-20
Mindfulness	8
Music Classes	14-15
Preschool Program	5
Registration Information & Form.....	35
School Break Programs	6-7
Senior Center.	27-28
Senior Classes.....	28
Special Events.....	2
Sport Classes	25
Teen Programs	24
Tennis	20-21
Yoga Classes	22
Youth Sports	25

Recreation & Parks Staff

Daniel J. Schlitt, Director
Amy Maltese, Hobby Class Coordinator, Senior Program Supervisor
Chris Madison, Special Events, Program Supervisor
Jimmy Ruby, Sports Coordinator, Program Supervisor
Tracy Browand, Senior Center Coordinator, Recreation Specialist
LaShawn Timmons, Teen and Camp Coordinator, Program Supervisor
Kyle Clarke, Recreation Specialist, Programs
Keke Sidik, Senior Administrative Assistant
Lisa Reid, Administrative Assistant
Howard Herman, Farmers' Market Manager
Corey Jannicelli, Cherry Hill Farmhouse Coordinator, Recreation Specialist
Teena Cregan, Preschool Teacher
Mike Noyes, Crew Leader, Parks and Landscape Maintenance
Juan Salguero, Building Maintenance Worker
William Kargbo, Building Maintenance Worker
Drew Loszynski, Landscape Maintenance Worker
Raul Chafloque, Landscape Maintenance Worker
Charlie Buettner, Building Maintenance Worker

Advisory Board of Recreation and Parks

Steve Selby, Chair
Charles O'Hara, Vice Chair
Kathryn Chandler
Robert Meeks, Planning Commission Representative
Lori Lafave
Leslie Rye
Lawrence Webb, School Board Representative
Marybeth Connolly, City Council Liason



Cherry Hill Farmhouse



Cherry Hill Farmhouse

312 Park Avenue

703-248-5171

The Cherry Hill Farmhouse is located on Park Avenue, near City Hall and the Falls Church Community Center. The house hosts several special events, educational workshops, and seasonal programs annually. It is also available to rent for special occasions.

Cherry Hill Farmhouse was completed in 1845. The well-preserved house is an excellent example of a Greek Revival Style framed home of the period. Today the house is fully furnished with antiques of the mid-19th century. Historic interpretations of the house focus primarily on the time period 1856-1865 when the Blaisdell family lived at Cherry Hill.

William Blaisdell purchased the 73-acre farm in 1856. He sold the produce he grew on the premises at the Centre Market in Washington, D.C. Mr. Blaisdell successfully managed the farm through the Civil War. The City of Falls Church now owns and operates the Cherry Hill Farmhouse Museum, and its remaining property, known today as Cherry Hill Park. The household furnishings and antique tool collection in the Barn are owned by the Friends of Cherry Hill.

Today, reenactments, concerts, readings, lectures, workshops, teas, and private events take place at Cherry Hill throughout the year. Special tours can be arranged for large groups, scout troops, and school children by calling **703-248-5171**. The house is open to the public Tuesday through Friday between the hours of 9am and 3pm. April through October the house is also open on Saturdays from 10am-1pm. We strongly encourage all visitors to call ahead to ensure tour availability, **703-248-5171**.

Cherry Hill can also be rented for special occasions. The house and surrounding park provide a lovely setting for wedding receptions and small parties. The house capacity is 50 people for a standing event and 20 for a seated gathering. For larger parties, the outside grounds can be used and a tent is recommended. Reservations may be made through the Recreation and Parks Department at **703-248-5027**. For more information on any scheduled events, rental information, and availability of the Cherry Hill Farmhouse, please call **703-248-5171**.

Gift Box Workshop: Recycle Gift Cards and Old Calendars

Save your holiday cards and calendars and learn how to handcraft them into lovely gift boxes or tags. This program is open to adults and children 8 and up.

Date: Sat 1/21 **Time:** 10am – 12pm

Fee: \$6 per person

Location: Cherry Hill Farmhouse

Call **703-248-5171** for more information and reservations

Valentine Tea

Bring someone special to tea at the historic Cherry Hill Farmhouse. A costumed docent will host this holiday themed tea. Guests will dine on sandwiches, assorted sweets, scones, and hot tea! ***Reservations are Required***

Date: Sun 2/12 **Time:** 2pm – 4pm

230150-A **Fee:** \$33 per person

Location: Cherry Hill Farmhouse

Please direct questions to the Cherry Hill Farmhouse at **703-248-5171** but enroll through the Recreation and Parks Department.

Celtic Music Concert

Enjoy a lively evening of Irish music in the intimate atmosphere of the farmhouse parlor.

Date: Sat 3/11 **Time:** 8pm – 10pm

230601-A **Fee:** \$15 / \$20 day of

Location: Cherry Hill Farmhouse

Please direct questions to the Cherry Hill Farmhouse at **703-248-5171** but enroll through the Recreation and Parks Department.

Mother's Day Tea

This special tea will be hosted by a costumed docent who will discuss a mother's role in the mid-19th century. As always the tea consists of tea sandwiches, assorted sweets, warm scones and a bottomless cup of tea. ***Reservations are Required***

Date: Sun 5/14 **Time:** 2pm – 4pm

Fee: \$33

230151-A **Location:** Cherry Hill Farmhouse

Please direct questions to the Cherry Hill Farmhouse at **703-248-5171** but enroll through the Recreation and Parks Department.

Falls Church Civil War Day

It happened here! Learn how the Civil War affected Falls Church as re-enactors portray both civilians and soldiers from the period. Watch soldiers conduct firing and drilling exercises, listen to period music and take advantage of fun period appropriate children's activities.

Date: Sat 5/20 **Time:** 10am – 2pm

Fee: Free

Location: Cherry Hill Farmhouse

Call **703-248-5171** for more information

Preschool Program

3-5 years

Age groupings below

Our preschool program focuses on fun and positive learning experiences for 3-5 year olds that will prepare students for future elementary school study. Students develop social, physical, and cognitive skills through interactive, hands-on experiences. Early Childhood teaching is often theme-based and always age-appropriate. Students participate in several activities daily that will promote the development of fine and gross motor skills, mathematical thinking, and literacy skills. Our qualified staff and small class ratio makes a safe program for everyone. Our program is licensed by the State of Virginia Department of Social Services. Children must be potty-trained by the first day of class. In order to register for the preschool program, children must be born within the birth dates listed. Proof of age via birth certificate and a physical and immunization report is required on the first day of the program.

JUNIORS

(Birthdates: Oct. 1, 2012 – Sept. 30, 2013)

Tue/Thu: 1/3-5/25* 9am-12pm

211001-G R: \$860 / NR: \$880

*No class dates 4/11, 4/13

Tue/Thu: 6/6-6/29 9am-12pm

311001-G R: \$184 / NR: \$204

Tue/Thu: 7/6-7/27 9am-12pm

311001-H R: \$161 / NR: \$181

SENIORS

(Birthdates: Oct. 1, 2011 – Sept. 30, 2012)

Mon/Wed/Fri: 1/4-5/26* 9am-12pm

211002-G R: \$1225 / NR: \$1245

*No class dates 1/16, 1/20, 2/20, 4/10, 4/12, 4/14

Mon/Wed/Fri: 6/5-6/30 9am-12pm

311002-G R: \$276 / NR: \$296

Mon/Wed/Fri: 7/5-7/28 9am-12pm

311002-H R: \$253 / NR: \$273

Register for our
Jan-May sessions today!
Limited availability

Open House:

Open House for new students will be held Saturday, March 4 at 4pm. This open house is for parents interested in enrolling their child for the upcoming school year, September 2017

FALL 2017:

Enrollment for the fall of 2017 will begin May 1 for City residents and May 8 for non-City residents.



Pre-K Readiness 4-5 years

This program will offer your child the opportunity to socialize with children entering Kindergarten in September 2017. Your child will be able to enhance and strengthen his or her independent learning abilities in a productive and positive classroom environment. Over and above the preschool program guidelines, your child will also have a chance to participate in activities that revolve around seasonal themes accentuated to encourage cognitive thinking and creative skills. This class will also initiate beginning writing, reading and conversational skills. Children must be potty trained. Proof of age via a birth certificate and your child's physical and immunization report, will be required on the first day of the program.

PRE-K READINESS

(Birthdates: Oct. 1, 2011 – Sept. 30, 2012)

Tue/Thu: 1/3-5/25* 1-4pm

211003-G R: \$860 / NR: \$880

*No class dates 4/11, 4/13

Location: Preschool Room



Tot Time

Bring your preschoolers and watch them climb through tunnels, ride tricycles, and interact with peers. All equipment is provided including tricycles. No strollers or food in the gym. Dates subject to change. Call 703-248-5077 (press 1, open gym hours) for an updated schedule. This program is not held when special events are in the gym or if the Community Center is closed for a holiday.

Dates: Fridays, January 6 - June 16, 2017

No Tot Time: 4/7, 4/14

Location: Gym

Time: 10am-12noon

Fees: \$1 per child



School Break Camps and Programs

PROFESSIONAL DAYS AND EARLY RELEASE WEDNESDAY PROGRAMS

Dramatic Kids

6-12 years

Awaken creativity & explore your artistic talents in this fun, dynamic theater arts day camp! Learn the art of improvisational theater techniques, the building blocks of playwriting, and the elements of scene study. Our talented Teaching Artists will guide students towards writing their own original sketch to take home!

Mon: 2/6 **9am-5pm**
281435-A R: \$136 / NR: \$156

Instructor: C.A.R.E. Actor

Location: Teen Center



Recreation Fun!

6-12 years

Join us for a day of fun at the Falls Church Community Center. Participants will do crafts, play games and sports in the gym, spend time playing games in the Teen Center and they will spend some time playing outside. Please bring lunch and a snack as well as a warm coat for outdoor play.

Tue: 2/7 **8am-5pm**
281436-A R: \$65 / NR: \$85

Mon: 4/17 **8am-5pm**
281436-B R: \$65 / NR: \$85

Instructor: Recreation Department staff

Location: Teen Center

Wednesday Early Release

Grades 2-5

Join us Wednesdays during the school year where we will keep your kids active and engaged with enrichment programs. STEAM and Play, or Mixed Sports and Games classes.

STEAM and Play combines 5 great subjects in one great class. Each day students will learn through hands-on experiments and work together to complete great projects.

The Mixed Sports and Game program will let the kids set the tone as each week students will play some of the greatest games and sports ever invented!

Hope you can join us! Transportation provided to and from Thomas Jefferson. Parents can also pick up at Community Center at 4pm.

STEAM & Play 2

Wed: 1/11-4/5* **1:45-4pm**
220700-A R: \$475

Mixed Sports & Games

Wed: 1/11-4/5* **1:45-4pm**
220700-B R: \$375

STEAM & Play 3

Wed: 5/3-6/21* **1:45-4pm**
220700-C R: \$425

Mixed Sports & Games

Wed: 5/3-6/21* **1:45-4pm**
220700-D R: \$325

*No class dates 1/18, 2/8, 2/22, 5/31

Instructor: Baroody Camps

Location: Art Room

Enroll for
sessions A & B
today!

WINTER BREAK CAMPS



Buzz, Ribit & Roar Art

6-12 years

Let's go into nature with fish, frogs, bugs, turtles and more! Create your own wild and wacky world with these fun art lessons while learning about a variety of artists and art media. Learn scratchboard art, brush up on your watercolor technique, discover painting with sand, and more. Be sure to bring your imagination!

Tue/Wed: 12/27-12/28 **9am-5pm**
181422-C R: \$150 / NR: \$170

Instructor: Abakadoodle

Location: Teen Center

Healthy Cooking Kidz

6-12 years

Could your kid be a budding chef? You'll find out in Healthy Cooking Kidz! In this camp healthy cooking ideas with kids is fun and easy. It's also a delicious learning experience for kids, allowing them to explore new foods, learn about nutrition and develop math and reading skills as they measure and read directions. In Healthy Cooking Kidz we'll use easy children's recipes and will have your kids cooking and having fun!

Thu/Fri: 12/29-12/30 **9am-5pm**
181421-A R: \$145 / NR: \$165

Instructor: Etheric Realms

Location: Senior Center-Left

School Break Camps and Programs

SPRING BREAK FUN AT CHERRY HILL

Old Fashioned Cooking and Crafts

8-12 years

Learn what life would have been like on a 19th century farm. Children will have a chance to grind corn in the barn, make and taste their own homemade butter, cornbread, and lemonade along with creating their own corn husk dolls and paper art.

Date: Tue: 4/11 **Time:** 9am-3pm
231016-A R: \$60 / NR: \$80

Instructor: Corey Jannicelli

Location: Cherry Hill Farmhouse

Call **703-248-5171** for more information.

Victorian Tea Party

8-14 years

Learn about 19th century dress and manners, try on period clothing, play parlor games, paint fans and enjoy a traditional tea party in our dining room.

Wed: 4/12 **9am-3pm**
231020-A R: \$60 / NR: \$80

Wed: 4/19 **9am-3pm**
231020-B R: \$60 / NR: \$80

Instructor: Corey Jannicelli

Location: Cherry Hill Farmhouse

Call **703-248-5171** for more information.



Natural Egg Dying Open House

Learn to decorate eggs the old-fashioned way! Visit historic Cherry Hill and spend the afternoon naturally dying your Easter eggs. We supply the materials, you decorate!

Date: Sat 4/15 **Time:** 10am – 12pm

Fee: \$5

Location: Cherry Hill Farmhouse

Call **703-248-5171** for more information and reservations

Winter/Spring 2017

SPRING BREAK CAMPS

Giant Basketball Academy 6-12 years

Former Washington Wizards and New Jersey Nets player Gheorghe Muresan and his coaches will teach the fundamentals of basketball. This camp will feature 1-on-1 skills, shooting, team play, defensive positioning, speed drills and competitions to further develop all-around players.

Mon-Fri: 4/10-4/14 9am-3pm

281400-A R: \$120 / NR: \$140

Instructor: Gheorghe Muresan

Location: Gym-Full

281414-A AM Extended Care 7-9am \$45

281415-A PM Extended Care 7-9am \$55



Superhero Creations

6-12 years

This engineering and drawing camp combines the best STEM fun with Superhero Lego creations! Students will create their own unique Superhero characters in cartoon action scenes. Then build vehicles and hideouts of your caped crusaders.

Mon-Fri: 4/10-4/14 9am-3pm

281443-A R: \$375 / NR: \$395

Instructor: Young Rembrandts & Play-Well TEKologies

Location: Art Room

281414-A AM Extended Care 7-9am \$45

281415-A PM Extended Care 7-9am \$55

Dance Yogi 6-12 years

Dance Yogi consists of a combination of physical activities that improve participant's form, flexibility, awareness of breath, skill and focus. Dance yoga is an innovative, creative, fun, dynamic way for kids to learn and enjoy the ancient art form of Yoga! Through a decadent fusion of dance, music, rhythmic flow, balance, fluid body movement and art participants will transform. We will use beautifully choreographed Vinyasa flows to perform a series of dance routines to a host of beautiful melodies. On the last day of class parents get to observe the transformation for themselves in a live performance for an audience of parents to be held during the final 30 minutes of the camp.

Mon-Fri: 4/10-4/14 9am-3pm

281444-A R: \$225 / NR: \$245

Instructor: Etheric Realms

Location: Art Room

281414-A AM Extended Care 7-9am \$45

281415-A PM Extended Care 7-9am \$55

Second Week of Spring Break – Not for Public School Students

Variety Week!

6-12 years

Join us for a variety camp that will include arts and crafts, sports, games, free play and two field trips.

Mon-Fri: 4/17-4/21 8am-5:30pm

281427-A R: \$185 / NR: \$205

Instructor: Recreation Department staff

Location: Teen Center



Hobby Classes



Family Fun with Improv! 3 & up

Join us for some family fun with C.A.R.E. Actor! We'll explore movement and theater games together that foster creativity. Please wear comfortable clothes and come ready to play and laugh with us! \$10 fee includes one adult and one child.

Fri: 1/27 6-7pm
230700-A R: \$10 / NR: \$20
Fri: 4/21 6-7pm
230700-B R: \$10 / NR: \$20

Instructor: C.A.R.E. Actor
Location: Art Room

PE for Pre K 3-5 years

Baroody Camps will take your child through some of the most fun PE games while developing the skills needed to grow more confident in movement. Kids will learn basic motor skills while playing some really fun games. Hope you can join us!

Ages 3-4
Tue: 1/10-3/21 9-9:30am
210909-A R: \$130 / NR: \$150
Tue: 4/4-5/23* 9-9:30am
210909-C R: \$100 / NR: \$120

Ages 4-5
Tue: 1/10-3/21 9:30-10am
210909-B R: \$130 / NR: \$150
Tue: 4/4-5/23* 9:30-10am
210909-D R: \$100 / NR: \$120

*No class dates 4/11

Instructor: Baroody Camps
Location: 1/2 Gym Back Door

Boogie Woogie Tumble & Twirl 3-5 years

Preschoolers will love the variety of fun activities including tumbling, dance, movement & music. Students must be able to separate with ease. No special clothes or shoes required, they will be in bare feet most of the time.

Wed: 1/25-3/1 10:45-11:30am
210406-A R: \$72 / NR: \$92
Wed: 4/19-5/24 10:45-11:30am
210406-B R: \$72 / NR: \$92
Fri: 1/27-3/3 1:45-2:30pm
210406-C R: \$72 / NR: \$92
Fri: 4/21-5/26 1:45-2:30pm
210406-D R: \$72 / NR: \$92

Instructor: Adrenaline Staff
Location: Dance-Left

My First Lemonade Stand 5-9 years

The proverbial lemonade stand can be a highly effective introduction to entrepreneurship for the young student. This class adopts a business approach to enhance the benefits of this exercise. Fun sessions empower kids with an entrepreneurial mindset for their lemonade stand, drawing from such disciplines as marketing, finance, operations and strategy, in a supporting, collaborative setting fostering team work. Students work in teams and create a mini business plan to launch their lemonade stand during our last class!

Tue: 1/24-5/9* 5:15-6:15pm
221018-A R: \$225 / NR: \$245
Sat: 1/28-5/20* 9-10am
221018-B R: \$225 / NR: \$245

*No class dates 4/11, 4/8, 4/15

Instructor: SPARK Business Academy
Location: Senior Center-Right Tuesday / Community Room-Saturday

Chess

5-12 years

Learn chess from a Silver Knights Chess coach! We teach more than 3,500 children each week. State and national champions have come from our programs, but most of our students are just looking to have fun! Class time is split between lesson and play. Lessons range from learning the rules to advanced tournament strategies, depending on the children. Play time is structured to pair each student against an opponent of similar skill. All grades and skill levels are welcome. Silver Knights will supply all the equipment during chess club. Students will have the opportunity to play in tournaments.

Tue: 1/24-3/14 5:30-6:30pm
230706-A R: \$143 / NR: \$163
Tue: 4/18-6/6 5:30-6:30pm
230706-B R: \$143 / NR: \$163

Instructor: Silver Knights Enrichment
Location: Community Room



Adrenaline Cheer Class

6-12 years

Our cheer class is designed to teach basic to advanced concepts of cheer. We will work on motions and jump technique, stunting basics and cheer dances! All of our cheerleaders will gain strength, performance techniques and improve on their showmanship! Whether you are new to cheerleading or building on your foundation; we will help you to be your best! This class performs in both the Falls Church Dance Recital and has the opportunity to participate in the ADF recital. Uniform included in price. Additional fees apply to participate in the ADF recital.

Thu: 1/26-5/11* 6:30-7:30pm
220406-A R: \$265 / NR: \$285

*No class dates 4/13

Instructor: Adrenaline Staff
Location: Community Room



Adrenaline Tumbling

4-6 / 6-12 years

Our tumblers will learn tumbling basics, flexibility and beginning/intermediate level skills such as rolls, cartwheels and back bends. Core strength and balance are incorporated to build strength and coordination. Students will improve on their gymnastics skills, balance and increase strength through movement exercises while having a great time! Comfortable loose clothing and bare feet are recommended.

Ages 4-6

Thu: 1/26-5/11* 4:30-5:30pm
220408-A R: \$225 / NR: \$245

Ages 6-12

Wed: 1/25-5/10* 6:35-7:35pm
220408-B R: \$225 / NR: \$245

*No class dates 4/13, 4/12

Instructor: Adrenaline Staff

Location: Community Room

Dramatic Kids! 7-11 years

Awaken creativity & boost self-confidence in this theater arts class that has it all! Each week students in this class will explore their imaginations and artistic talents by participating in fun, improvisational acting games & theatrical techniques while learning the fundamentals of dramatic storytelling facilitated by one of our talented Teaching Artists. This class provides a fun and dynamic space to build confidence, courage and character. A showcase of students' original work will be performed for their friends and family on the last day of class!!

Mon: 1/23-3/20* 4:30-5:30pm
230705-A R: \$153 / NR: \$173

Mon: 4/24-5/22 4:30-5:30pm
230705-B R: \$102 / NR: \$122

*No class dates 2/20

Instructor: C.A.R.E. Actor

Location: Art Room



Dining Classes for Children 7-11 years

Special occasions, dining out or simply better table manners at home are great reasons for providing your child with a basic dining class. Children will learn the most important elements of dining. Key items will include correct table settings, use of utensils and napkins, good posture and behavior, appropriate conversations and polite courtesies offered to the host at the end of a meal.

Sat: 1/28-2/4 11:15am-12:30pm
221020-A R: \$65 / NR: \$85

Sat: 3/4-3/11 11:15am-12:30pm
221020-B R: \$65 / NR: \$85

Sat: 4/22-4/29 11:15am-12:30pm
221020-C R: \$65 / NR: \$85

Instructor: Manners Talk

Location: Community Room

Healthy Cooking Kidz

7-12 years

Could your kid be a budding chef? You'll find out in Healthy Cooking Kidz! In this camp healthy cooking ideas with kids is fun and easy. It's also a delicious learning experience for kids, allowing them to explore new foods, learn about nutrition and develop math and reading skills as they measure and read directions. In Healthy Cooking Kidz we'll use easy childrens recipes and will have your kids cooking and having fun!

Sat: 1/7-2/11 10:15-11:15am
220302-A R: \$145 / NR: \$165

Sat: 2/25-4/1 10:15-11:15am
220302-B R: \$145 / NR: \$165

Sat: 4/22-5/27 10:15-11:15am
220302-C R: \$145 / NR: \$165

Instructor: Etheric Realms

Location: Senior Center-Right

Dance Yoga Kidz 7-12 years

Dance yoga is an innovative, creative, fun, dynamic way for kids to learn and enjoy the ancient art form of Yoga! Through a decadent fusion of dance, music, rhythmic flow, balance, fluid body movement and art your child will transform. You'll see improvement in their form, flexibility, awareness of breath, skill and focus. You'll also see them transform into a more motivated, confident, empowered yogi! In Dance Yogis we will use beautifully choreographed Vinyasa flows to perform a series of dance routines to a host of beautiful melodies. Each Dance Yogi will absolutely sparkle as they learn and experience a fun-filled musical adventure through mind, body and soul movement. Then, on the last day of class there will be a performance for your lovely audience of parents!

Sat: 2/25-4/1 9-10am
220414-A R: \$120 / NR: \$140

Instructor: Etheric Realms

Location: Senior Center-Right

Hobby Classes

Singing Kidz 7-12 years

Want to sing? Work with Amirah B to discover how breath, voice, music and yoga can be used together to take your singing to higher heights. In this singing class children will learn to develop their ear, discover the range/ abilities of their voice, and work toward overcoming stage fright. Whether your child is already a singer or dreams of becoming one working with Amirah B (who is not only an experienced yogi, but also a singer/ songwriter/ performer/ recording artist) will take them one step closer to making their dreams come true!!!

Sat: 1/7-2/11 9-10am
220603-A R: \$120 / NR: \$140
Sat: 4/22-5/27 9-10am
220603-B R: \$120 / NR: \$140

Instructor: Etheric Realms

Location: Senior Center-Right

Junior Investors 10-13 years

Come and learn how investors make (and lose) money in the stock market and how you can start investing successfully at a young age! Make your money work hard for you! In this hands-on class, students use a cool stock-trading simulation tool to select a \$10,000 stock portfolio and analyze performance over time, "learning by doing." A solid foundation for successful future investors!

Mon: 1/23-5/15* 5:15-6:15pm
221019-A R: \$225 / NR: \$245
Sat: 1/28-5/20* 10-11am
221019-B R: \$225 / NR: \$245

*No class dates 2/20, 4/8, 4/10, 4/15

Instructor: SPARK Business Academy

Location: Senior Center-Right Monday / Community Room-Saturday

Prep for Interviews

14-18 years

Teens will learn the essential skills needed to nail an interview with a feeling of confidence. The two hour workshop will cover introductions and handshakes, awareness of body language and nonverbal signals, digital diplomacy (cell phones, email, texting and social media), conversation skills, proper attire and important follow ups. The workshop will help teens to gain greater self-assurance and poise as they navigate their way through various social & professional situations.

Sat: 3/18 11:15am-1:15pm
231023-A R: \$55 / NR: \$75

Sat: 4/1 11:15am-1:15pm
231023-B R: \$55 / NR: \$75

Sat: 5/13 11:15am-1:15pm
231023-C R: \$55 / NR: \$75

Instructor: Manners Talk

Location: Community Room

Positive Parenting 18 & up

Family life can be chaotic. Finding the balance between fun and discipline can be hard. We know that kids need structure and play, responsibility and care free time. As parents, we want cooperation and kindness. In this class you will learn concrete skills to help your family time be more peaceful and your parenting more effective. We will discuss empathy, cooperation, alternatives to punishment, encouraging autonomy, self-esteem, and so much more. You can develop a relationship with your children that will carry you through the tough times and the teen years. This class is guaranteed to make your parenting more fun and effective. For parents of children ages 2 - 10. Francine Ronis, LPC is a mom, child/ family therapist, educator, consultant and Parenting Coach. She has been working with families in the DC area for more than 15 years. Her passion is to help families live more peacefully and joyously!

Sat: 2/25 9-11:30am
250139-A R: \$55 / NR: \$75

Mon: 3/6 7-9:30pm
250139-B R: \$55 / NR: \$75

Tue: 3/28 7:15-9:45pm
250139-C R: \$55 / NR: \$75

Instructor: Mindful Parenting, Francine Ronis

Location: Falls Church Community Center

Mindful Parenting, Peaceful Home 18 & up

Mindfulness is all the rage. But what is it and how does it apply to your family life? Mindfulness improves the quality of everyday life, decreases stress, increases happiness. Mindfulness in parenting is essential for a good relationship with your children. Having an arsenal of parenting skills is important, but if you can't access them because your emotions are hijacked by anger or worry, they are useless. In this workshop we will discuss essential skills for remaining calm in moments of stress. We will go deep and help you find your personal stress triggers to help you develop more patience. You will be introduced to different mindfulness techniques and find what works best for you. This is much more than a meditation class! No prior experience is necessary, please wear comfortable clothing. Francine Ronis, LPC is a mom, child/family therapist, educator and Parenting Coach. She has been working with families in the DC area for more than 15 years. Her passion is to help families live more peacefully and joyously!

Mon: 1/30 7-9:30pm
250140-A R: \$55 / NR: \$75

Sat: 2/11 9-11:30am
250140-B R: \$55 / NR: \$75

Mon: 5/1 7-9:30pm
250140-C R: \$55 / NR: \$75

Instructor: Mindful Parenting, Francine Ronis

Location: Falls Church Community Center

Parenting With Maddy to the Rescue! 18 & up

Parenting can be joyous, happy, and fulfilling. But let's face it, there are times when it's frustrating and scary. How many times have you thought, "I just don't know what to do!" Here's a workshop that can help answer that question and provide you with skills, techniques, and most importantly, the knowledge you need to understand what's going on and how you can help your child cope with growing up.

Mon: 4/24 7-8:30pm
251025-A R: \$20 / NR: \$30

Instructor: Maddy O'Neill-Dean, MSW

Location: Community Room



Art In Hand Tots

18 months-3 years

Warm up with some cool art this winter, then let more art blossom in the spring! Each week, an interactive story time inspires creative exploration in drawing, painting, collage, sculpting or mixed media construction inspired by nature and the colors and textures of the season. Our developmental approach stimulates the senses, sparks imaginations and supports emerging language, social and problem-solving skills. Most of all tots and their grown-ups can be creative, have fun and make the mess away from home!

www.artinhand.org

Mon: 1/23-3/13*	10:30-11:15am
210110-A	R: \$130 / NR: \$150
Thu: 1/26-3/16*	9:30-10:15am
210110-B	R: \$148 / NR: \$168
Mon: 3/27-5/22*	10:30-11:15am
210110-C	R: \$148 / NR: \$168
Thu: 3/30-6/1*	9:30-10:15am
210110-D	R: \$167 / NR: \$187

*No class dates 2/20, 4/10, 4/13

Instructor: Art in Hand Staff

Location: Art Room

Art In Hand Preschoolers

2-6 years

Warm up with some cool art this winter, then let more art blossom in the spring! Each week, an interactive story time inspires creative exploration in drawing, painting, collage, sculpting or mixed media construction inspired by nature and the colors and textures of the seasons. It's the perfect class for sibling pairs or anyone through kindergarten age, designed to stimulate the senses, spark imaginations, support the development of language and emerging literacy, and promote social and problem solving skills. Most of all kids and their grown-ups can be creative, have fun and make the mess away from home! ALL MATERIALS ARE INCLUDED in tuition. For more information visit www.artinhand.org

Mon: 1/23-3/13*	11:30am-12:15pm
210118-A	R: \$130 / NR: \$150
Thu: 1/26-3/16*	10:30-11:15am
210118-B	R: \$148 / NR: \$168
Mon: 3/27-5/22*	11:30am-12:15pm
210118-C	R: \$148 / NR: \$168
Thu: 3/30-6/1*	10:30-11:15am
210118-D	R: \$167 / NR: \$187

*No class dates 2/20, 4/10, 4/13

Instructor: Art in Hand Staff

Location: Art Room

Twoosy Doodlers

20 months-3 years

This is a special art class just for toddlers and parents (or helpers). Little fingers will experiment with painting, gluing, sticking, printing and creating, while developing fine motor, language, and self-help skills. This is an "I can do it!" class that is fun and creative! Each session has new activities and moms and helpers get to play too.

Tue: 1/24-3/28	10-10:40am
210101-A	R: \$160 / NR: \$180
Wed: 1/25-3/29	11-11:40am
210101-B	R: \$160 / NR: \$180
Sat: 1/28-4/1	9:30-10:10am
210101-C	R: \$160 / NR: \$180
Tue: 4/18-5/30	10-10:40am
210101-D	R: \$112 / NR: \$132
Wed: 4/19-5/31	11-11:40am
210101-E	R: \$112 / NR: \$132
Sat: 4/22-5/27	9:30-10:10am
210101-F	R: \$98 / NR: \$118

Instructor: Abrakadoodle

Location: Art Room Tuesdays & Wednesdays/
Senior Center-Left on Saturdays



Mini Doodlers 3-6 years

Children develop their creativity through carefully designed lessons that ignite the imagination and develop skills. Using real artists' materials including watercolors, tempera paints, oil pastels, creative tools, and more, the children create masterpieces that are truly unique.

Sat: 1/28-4/1	10:30-11:10am
210102-A	R: \$160 / NR: \$180
Sat: 4/22-5/27	10:30-11:10am
210102-B	R: \$98 / NR: \$118

Instructor: Abrakadoodle

Location: Senior Center-Left

Art & Technology Classes

Young Rembrandts Learn to Draw 3.5-5 years

Preschoolers learn drawing skills, develop kindergarten readiness and create fun, rewarding works of art. Our teachers use familiar images, stepwise instruction and positive direction to encourage preschoolers' independent drawings. Our curriculum is varied and challenging, with new, engaging drawing lessons every week, and every session. Our goal is to guide our young artists' development of motor and cognitive skills in a fun, creative environment.

Tue: 1/24-3/14 11:15am-12pm
210111-A R: \$120 / NR: \$140
Tue: 3/28-5/23* 11:15am-12pm
210111-B R: \$120 / NR: \$140

*No class dates 4/11

Instructor: Young Rembrandts

Location: Art Room

Abrakadoodle Doodlers 6-12 years

This popular multi-media art program helps kids stretch their creative muscles and exercise their right brains in action-oriented classes filled with color, texture, shape and fun! Our art lessons are carefully crafted to promote uniqueness and imaginative thinking as kids create their own unique masterpieces through painting, drawing, cutting, molding and exploring creative materials. Each lesson introduces a new technique and artist's style.

Tue: 1/24-4/18 5-6pm
210106-A R: \$180 / NR: \$200
Tue: 4/18-5/30 5-6pm
210106-B R: \$126 / NR: \$146

Instructor: Abrakadoodle

Location: Senior Center-Left

Kids on Canvas 6-12 years

Grab a paintbrush and jump right in for a colorful "Kids on Canvas" adventure! Use acrylic paint to explore traditional painting subjects such as the figure, landscape, and still life- with a fresh Abrakadoodle twist.

Wed: 1/25-3/29 5-6pm
220140-A R: \$190 / NR: \$210
Wed: 4/19-5/31 5-6pm
220140-B R: \$133 / NR: \$153

Instructor: Abrakadoodle

Location: Senior Center-Left



Young Rembrandts Drawing 6-12 years

Students learn and develop drawing skills and art appreciation through our progressive, open-ended approach to drawing. We use stepwise instruction to inspire students' independent drawings, including seasonal, realistic and abstract images. Our curriculum is varied and challenging, with new, engaging drawing lessons every week, and every session. Our goal is to provide children with the skills and confidence to create fun and rewarding artwork in and out of our class.

Fri: 1/27-3/17 6-7:30pm
220113-A R: \$180 / NR: \$200
Fri: 3/31-5/26* 6-7:30pm
220113-B R: \$180 / NR: \$200

*No class dates 4/14

Instructor: Young Rembrandts

Location: Art Room

Beginning Calligraphy 12 & up

Join us for this new class and learn all the basics of pointed pen calligraphy in a relaxed and inspiring atmosphere. We'll use your newly acquired skills to create a few useful projects that you can take with you. Each student will receive three hours of calligraphy instruction, a set of handouts and a take home kit off all the supplies you need to continue your practice. No prior calligraphy experience needed and all materials are provided. Lefties are welcome, but please let us know if you are left handed when you register. Any questions or for more information, please contact Jenny Paxton at jenny.elmore@alumni.unc.edu

Sat: 2/11 10am-1pm
230111-A R: \$75 / NR: \$95
Sat: 2/18 10am-1pm
230111-B R: \$75 / NR: \$95
Sat: 5/20 10am-1pm
230111-C R: \$75 / NR: \$95

Instructor: Jenny Paxton

Location: Community Room

Weebotics 2.0 with Parent 5-7 years

Weebotics 2.0 introduces students to robotics, engineering and coding. Students use drag-and-drop software to write basic programs that connect to the robot's motors and sensors using Bluetooth technology. With the help of Mom or Dad, young children build robots; including, Milo the science rover, racecar, helicopter and even a robotic arm!

Mon: 2/27-4/3 5-6:15pm
210716-A R: \$154 / NR: \$174

Instructor: Digital Kidz

Location: Senior Center-Left



Engineering with Little Bits 5-8 years

In this class, younger students are introduced to basic electronics including input/output through hands-on learning and projects. Kids combine everyday supplies and color-coded modules that utilize LED lights, fans, sliders, pressure sensors, and more! Students work together in small teams to in order create different projects such as custom flashlights, touch sensors, alarm clocks, and more! Have you ever wanted to learn about the science behind how some machines work? Take this class today!

Sun: 1/29-3/5 2:30-3:30pm
220731-A R: \$149 / NR: \$169

Instructor: C3 Cyber Club

Location: Community Room

Minecraft Programming 6-9 years

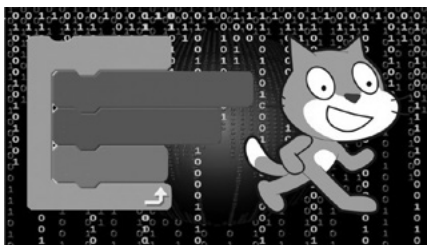
Using a custom mod called "Computercraft", students will learn how to program robots called "Turtles" inside the world of Minecraft. Kids will utilize problem-solving skills by learning how to program their robots to complete various tasks and objectives such as programming their turtles to automatically build, mine, and craft items and structures. They will be introduced to programming if-then-else statements, for-while loops, and implement their own functions using Lua, a simple scripting language. Looking for a fun way to introduce your child to programming? Why not do it using a game they love! Note: Basic reading skills required. Experience playing Minecraft preferred, but not required. Please email us for details.

Sun: 4/23-5/28 2:30-3:30pm
220727-A R: \$149 / NR: \$169
Instructor: C3 Cyber Club
Location: Community Room

Jr Programming 6-9 years

Students plan and build amazing projects using visual programming. Create interactive stories; design and build 2D platform and RPG video games; learn the basics of animation as you draw your own characters and bring them to life with code; and, program robots to complete mazes, obstacle courses, even pilot a virtual drone! Let your imagination run wild while learning programming basics! No prior programming experience required.

Mon: 4/17-5/22 5-6:15pm
220729-A R: \$154 / NR: \$174
Instructor: Digital Kidz
Location: Senior Center-Left



Adventures in Game Design 8-12 years

Playing video games is fun. Creating your own is awesome! Learn the concepts of game theory then use this knowledge to create fully-functional video games by adding characters, backgrounds and more from a massive library of cool sprites. Students also learn real-world app development and build arcade style video games for iPhone, iPad and iPod touch. Take your games home and amaze your friends!

Mon: 2/27-4/3 6:30-7:45pm
220723-A R: \$154 / NR: \$174
Instructor: Digital Kidz
Location: Senior Center-Left



Programming with LEGO EV3 9-12 years

Using 3D building instructions and the most advanced technology ever developed, students in this Digital Kidz class, work with EV3, the latest generation of robots. Program using software based on the industry-leading graphical programming language used by scientists and engineers worldwide or your smart device!

Mon: 4/17-5/22 6:30-7:45pm
220730-A R: \$154 / NR: \$174
Instructor: Digital Kidz
Location: Senior Center-Left



3D Character Modeling & Sculpt 9-14 years

In this class students will learn how to digitally sculpt characters in a 3D space! Using a software called Sculpttris is a pick up-and-go type of software where students learn how to will draw, develop, and sculpt their character and objects. Students also learn about sources on how to 3D PRINT their models. Is your child interested in learning how 3D characters in games and movies are made? This is a great class to take! Prerequisite Tools: Students MUST bring own sketchbook (Standard 8.5x10in). Please email us for details.

Sun: 1/29-3/5 10:15-11:15am
220732-A R: \$149 / NR: \$169
Instructor: C3 Cyber Club
Location: Community Room

Minecraft Programming 10-14 years

Using a custom mod called "Computercraft", students will learn how to program robots called "Turtles" inside the world of Minecraft. In this class, students will be introduced to LUA, a simple scripting language used to develop games such as Angry Birds, where they will learn how to programming if-then-else statements, for-while loops, and implement their own functions. Kids will utilize problem-solving skills by learning how to program their robots to complete various tasks and objectives such as programming their turtles to automatically build, mine, and craft items and structures.

Sun: 4/23-5/28 3:45-4:45pm
220733-A R: \$149 / NR: \$169
Instructor: C3 Cyber Club
Location: Community Room

FREE DEMONSTRATION CLASSES

(for new families): Please join Maddy on January 3rd or 4th at 10am. No registration required.

Music Together

9 months-4 years

Music Together is a community of families - Moms, Dads, Grandparents, and Caregivers - sharing songs, instrument play, movement, dance, and rhythm activities. Music Together classes build on your children's natural enthusiasm for music and movement. With their parents or caregivers, children sing, play instruments, dance, and groove. All classes made up of family-style classes of mixed ages. Babies 9 months and younger attend FREE with a registered sibling. \$40 discount for siblings. Tuition includes the semester's Songbook & CD and downloadable music. Also included is our "Music Together at Home" Booklet and MT DVD. For further information and to watch our Music Together video visit www.MusicWithMaddy.com

Mon: 1/23-3/13 9:15-10am
210608-A R: \$185 / NR: \$205

Mon: 1/23-3/13 10:15-11am
210608-B R: \$185 / NR: \$205

Tue: 1/24-3/14 9:15-10am
210608-C R: \$185 / NR: \$205

Tue: 1/24-3/14 10:15-11am
210608-D R: \$185 / NR: \$205

Tue: 1/24-3/14 11:15am-12pm
210608-E R: \$185 / NR: \$205

Wed: 1/25-3/15 9:15-10am
210608-F R: \$185 / NR: \$205

Wed: 1/25-3/15 10:15-11:15am
210608-G R: \$185 / NR: \$205

Mon: 4/3-5/15* 9:15-10:15am
210608-H R: \$150 / NR: \$170

Mon: 4/3-5/15* 10:15-11am
210608-I R: \$150 / NR: \$170

Tue: 4/4-5/16* 9:15-10am
210608-J R: \$150 / NR: \$170

Tue: 4/4-5/16* 10:15-11am
210608-K R: \$150 / NR: \$170

Tue: 4/4-5/16* 11:15am-12pm
210608-L R: \$150 / NR: \$170

Wed: 4/5-5/17* 9:15-10am
210608-M R: \$150 / NR: \$170

Wed: 4/5-5/17* 10:15-11am
210608-N R: \$150 / NR: \$170

*No class dates 4/10, 4/11, 4/12

Instructor: Maddy O'Neill-Dean

Location: Community Room

Private Piano or Voice Lessons 5 & up

Interested in developing vocal talent? Work one on one with a vocal coach or beginner to intermediate level piano. Sharon Sloane-Hornseth has a Bachelors of Fine Arts in Music, with an emphasis in vocal performance, from Carnegie-Mellon University in Pittsburgh, PA and a Master of Music Education, with a focus on vocal performance, from George Mason University. Basic voice training exercises will be used as well as classical, Broadway or contemporary music selections. Student is responsible for purchasing a music book. For additional information, please email Sharon at ahorn1@verizon.net.

Thu: 1/5-1/26 4-4:30pm 230703-A

Thu: 1/5-1/26 4:30-5pm 230703-A1

Thu: 1/5-1/26 5-5:30pm 230703-A2

Thu: 1/5-1/26 5:30-6pm 230703-A3

Thu: 1/5-1/26 6-6:30pm 230703-A4

Thu: 1/5-1/26 6:30-7pm 230703-A5

Thu: 1/5-1/26 7-7:30pm 230703-A6

Thu: 1/5-1/26 7:30-8pm 230703-A7

Sat: 1/7-1/28 9-9:30am 230703-B

Sat: 1/7-1/28 9:30-10am 230703-B1

Sat: 1/7-1/28 10-10:30am 230703-B2

Sat: 1/7-1/28 10:30-11am 230703-B3

Sat: 1/7-1/28 11-11:30am 230703-B4

Sat: 1/7-1/28 11:30am-12pm 230703-B5

Thu: 2/2-2/23 4-4:30pm 230703-C

Thu: 2/2-2/23 4:30-5pm 230703-C1

Thu: 2/2-2/23 5-5:30pm 230703-C2

Thu: 2/2-2/23 5:30-6pm 230703-C3

Thu: 2/2-2/23 6-6:30pm 230703-C4

Thu: 2/2-2/23 6:30-7pm 230703-C5

Thu: 2/2-2/23 7-7:30pm 230703-C6

Thu: 2/2-2/23 7:30-8pm 230703-C7

Sat: 2/4-2/25 9-9:30am 230703-D

Sat: 2/4-2/25 9:30-10am 230703-D1

Sat: 2/4-2/25 10-10:30am 230703-D2

Sat: 2/4-2/25 10:30-11am 230703-D3

Sat: 2/4-2/25 11-11:30am 230703-D4

Sat: 2/4-2/25 11:30am-12pm 230703-D5

Thu: 3/2-3/23 4-4:30pm 230703-E

Thu: 3/2-3/23 4:30-5pm 230703-E1

Thu: 3/2-3/23 5-5:30pm 230703-E2

Thu: 3/2-3/23 5:30-6pm 230703-E3

Thu: 3/2-3/23 6-6:30pm 230703-E4

Thu: 3/2-3/23 6:30-7pm 230703-E5

Thu: 3/2-3/23 7-7:30pm 230703-E6

Thu: 3/2-3/23 7:30-8pm 230703-E7

Sat: 3/4-3/25 9-9:30am 230703-F

Sat: 3/4-3/25 9:30-10am 230703-F1

Sat: 3/4-3/25 10-10:30am 230703-F2

Sat: 3/4-3/25 10:30-11am 230703-F3

Sat: 3/4-3/25 11-11:30am 230703-F4

Sat: 3/4-3/25 11:30am-12pm 230703-F5

Thu: 3/30-4/27* 4-4:30pm 230703-G

Thu: 3/30-4/27* 4:30-5pm 230703-G1

Thu: 3/30-4/27* 5-5:30pm 230703-G2

Thu: 3/30-4/27* 5:30-6pm 230703-G3

Thu: 3/30-4/27* 6-6:30pm 230703-G4

Thu: 3/30-4/27* 6:30-7pm 230703-G5

Thu: 3/30-4/27* 7-7:30pm 230703-G6

Thu: 3/30-4/27* 7:30-8pm 230703-G7

Sat: 4/1-4/29* 9-9:30am 230703-H

Sat: 4/1-4/29* 9:30-10am 230703-H1

Sat: 4/1-4/29* 10-10:30am 230703-H2

Sat: 4/1-4/29* 10:30-11am 230703-H3

Sat: 4/1-4/29* 11-11:30am 230703-H4

Sat: 4/1-4/29* 11:30am-12pm 230703-H5

Thu: 5/4-5/25 4-4:30pm 230703-I

Thu: 5/4-5/25 4:30-5pm 230703-I1

Thu: 5/4-5/25 5-5:30pm 230703-I2

Thu: 5/4-5/25 5:30-6pm 230703-I3

Thu: 5/4-5/25 6-6:30pm 230703-I4

Thu: 5/4-5/25 6:30-7pm 230703-I5

Thu: 5/4-5/25 7-7:30pm 230703-I6

Thu: 5/4-5/25 7:30-8pm 230703-I7

Sat: 5/6-6/3* 9-9:30am 230703-J

Sat: 5/6-6/3* 9:30-10am 230703-J1

Sat: 5/6-6/3* 10-10:30am 230703-J2

Sat: 5/6-6/3* 10:30-11am 230703-J3

Sat: 5/6-6/3* 11-11:30am 230703-J4

Sat: 5/6-6/3* 11:30am-12pm 230703-J5

*No class dates 4/13, 4/8, 4/15, 5/27

R: \$160 / NR: \$180

Sessions H-H5 R: \$120 / NR: \$140

Instructor: Dream In Color

Location: Preschool Room

Register for
sessions A - B5
today!

Singing Kidz 7-12 years

Want to sing? Work with Amirah B to discover how breath, voice, music and yoga can be used together to take your singing to higher heights. In this singing class children will learn to develop their ear, discover the range/ abilities of their voice, and work toward overcoming stage fright. Whether your child is already a singer or dreams of becoming one working with Amirah B (who is not only an experienced yogi, but also a singer/ songwriter/ performer/ recording artist) will take them one step closer to making their dreams come true!!!

Sat: 1/7-2/11 9-10am
220603-A R: \$120 / NR: \$140

Sat: 4/22-5/27 9-10am
220603-B R: \$120 / NR: \$140

Instructor: Etheric Realms

Location: Senior Center-Right

In an effort offer a variety of dance genres, Falls Church Recreation and Parks Department has partnered with numerous dance companies to meet the needs of the community. Each contractor determines their own class prices. For additional information on each company, please visit their websites:

Adrenaline Dance Force
www.AdrenalineDanceForce.com

Dream In Color Foundation
www.dreamincolordance.org

Every Body Dance (EBD)
www.everybodydanceva.com

Go Bananas Dancing, LLC
www.gobananasdancing.com



FALLS CHURCH DANCE PROGRAM

Welcome to the Winter-Spring session of the Falls Church Dance Program. Below is some helpful information for parents and dancers. Please be sure to read all information carefully. If you have any questions or need further information please contact the Falls Church Recreation and Parks Department at 703-248-5027.

• **Registration:** To accommodate as many students as possible, we recommend parents come to registration with at least three class options. Waitlisted students will only be accommodated if an enrolled student withdraws from the class.

• **Spring Recitals:** This semester will conclude with our annual spring recitals.

May 13th 10:00- **Every Body Dance:** Preschool C (Monday, Saturday), Junior Ballet 1, Ballet/Tap/Jazz 1 (Monday), Ballet 2/3, Teen Musical Theater, , Jazz/Hip hop 2/3 Senior Ballet, Dance Company

May 13th 1:00- **Every Body Dance:** Preschool C (Thursday 10:15, Thursday 4:45), Ballet/Tap/Jazz 1 (Saturday), Musical Theater 1, Jazz/Hip hop 1, Contemporary, Senior Ballet, Dance Company

May 13th 4:00 - **Every Body Dance:** Ballet/Tap/Jazz 1 (Thursday), Ballet 1, Junior Ballet 3/4, Junior Ballet 2, Dance Company, Musical Theater 2/3 **Adrenaline Dance Force:** Classical Ballet, Hip Hop, Cheer

May 20th 10:30- **Every Body Dance:** Preschool A (Monday, Saturday 9:00, Tuesday 9:30), Preschool B (Monday, Thursday), Dance Company, Senior Ballet **Dream In Color:** Preschool B, Preschool C, Ballet 1

May 20th 12:00- **Every Body Dance Classes:** Preschool A (Tuesday 10:00, Saturday 9:30), Preschool B (Tuesday 10:30, Saturday), Dance Company, Senior Ballet **Go Bananas Dancing:** All That Ballet, Jazz & Movement

• **Costumes:** All costume fees for the spring recital have been included in the class fee. The class fee includes class instruction and recital costume. Full payment for the class and costume is due at the time of registration. If your child is not participating in the dance recital, please complete a waiver form. Waiver forms may be obtained from staff at the time of registration. Either a household credit or a refund check will be mailed to your home for the price of the costume. A costume will not be ordered for your child.

• **Class Transfers:** After February 13, no transfers will be permitted unless the child is NOT participating in the dance recital. Costumes are ordered by this date to ensure receipt for the dance recital.

• **EBD Ballet Program:** All classes in the Ballet Program require a teacher referral, as experience is required for these more intensive classes. Please speak with your child's teacher if you have questions about which class is appropriate for them to attend.

Shoes and Attire

Preschool Dance: Many students wear leotards, tights and skirts. Ballet shoes are recommended.

Preschool B and C classes: Ballet shoes as well as tap shoes or other "noisy shoes" (such as dress shoes with non-marking soles) are also needed for class.

Ballet Classes: Ballet shoes required. Dancewear or other form-fitting clothing required.

Tap/Jazz Classes: Tap shoes and ballet or jazz shoes required. Dancewear or other form-fitting clothing required.

Jazz Classes and Creative Dance Classes: Jazz or ballet shoes required. Dancewear or other form-fitting clothing required

Ballet/Tap/Jazz Classes: Ballet and tap shoes required. Dancewear or other formfitting clothing required.

Musical Theater Classes: Black Jazz shoes required.

Hip Hop: No special shoes or clothing required.

Preschool Dance A

2-3 years

An introduction to dance, movement, and expression for 2-3 year olds. Emphasis will be placed on ballet basics while we help our youngest dancers develop balance, coordination, and rhythm. Parents or guardians must stay on premises but not in the classroom, unless requested by the instructor. Preschool A classes recommend ballet shoes. Aging date 9/30/16.

Mon: 1/23-5/1* **9:30-10am**
210203-A R: \$131 / NR: \$151

Tue: 1/24-5/2* **9:30-10am**
210203-B R: \$138 / NR: \$158

Tue: 1/24-5/2* **10-10:30am**
210203-C R: \$138 / NR: \$158

Instructor: EBD- Hafer
Location: Dance-Right

Sat: 1/28-5/6* **9:30-10am**
210203-D R: \$131 / NR: \$151

Instructor: EBD- Lemke
Location: Art Room

*No class dates 2/20, 4/8, 4/10, 4/11, 4/15

Preschool Dance B

3-4 years

An introduction to dance, movement, and expression. In Preschool B classes, students will be introduced to tap. Parents or guardians must stay on premises but not in the classroom. Ballet shoes, and tap shoes, or "noisy" shoes are recommended. Aging date 9/30/16.

Mon: 1/23-5/1* **10-10:45am**
210213-A R: \$177 / NR: \$197

Tue: 1/24-5/2* **10:30-11:15am**
210213-B R: \$187 / NR: \$207

Thu: 1/26-5/4* **9:30-10:15am**
210213-C R: \$187 / NR: \$207

Instructor: EBD- Hafer
Location: Dance-Right

Sat: 1/28-5/6* **11:15am-12pm**
210213-D R: \$177 / NR: \$197

Instructor: EBD- Lemke
Location: Art Room

*No class dates 2/20, 4/8, 4/10, 4/11, 4/13, 4/15

Sat: 1/28-5/6* **9:30-10:15am**
210213-E R: \$202 / NR: \$222

Sat: 1/28-5/6* **10:15-11am**
210213-F R: \$202 / NR: \$222

*No class dates 4/8, 4/15

Instructor: Dream In Color
Location: Dance-Right

***All Dancers must meet the class age requirement by September 30, 2016**

All that Ballet, Jazz & Movement 3.5-5 years*

This high-energy class is perfect for the young dancer who wants to try various dance styles. Children will learn basic Ballet technique and Creative Movement exercises in a playful environment. Also, they will enjoy Jazz steps to contemporary age-appropriate music, including a choreographed routine to be performed in the Recital! Ballet shoes recommended.

Tue: 1/24-5/9* **1:15-2pm**
220201-A R: \$270 / NR: \$290

*No class dates 4/11

Instructor: Go Bananas Dancing

Location: Dance-Left



Classical Ballet

3-5 years

All Dancers Must Meet the class age requirement by September 30, 2016. This ballet class will expose your little ballerina to many of the classical ballet stories. Basic ballet concepts will be introduced to lay a positive technical foundation (i.e.: positions, plies, etc). Students will enjoy being exposed to real ballet stories to create a love for this classical art form! This class will perform in the Recreation Department recital in May and have an opportunity to perform in the Adrenaline Dance Force recital as well - additional fees apply.

Wed: 1/25-5/10* **10-10:45am**
210224-A R: \$220 / NR: \$240

Fri: 1/27-5/12* **1-1:45pm**
210224-B R: \$220 / NR: \$240

*No class dates 4/12, 4/14

Instructor: Adrenaline Staff

Location: Dance-Left

Preschool Dance C

4-5 years

All Dancers Must Meet the class age requirement by September 30, 2016. An introduction to dance, movement, and expression for 4 to 5 year olds. In Preschool C classes, students will be introduced to tap. Parents or guardians must stay on premises but not in the classroom. Ballet shoes, and tap shoes, or "noisy" shoes are recommended.

Mon: 1/23-5/1* **10:45-11:30am**
210214-A R: \$182 / NR: \$202

Thu: 1/26-5/4* **10:15-11am**
210214-B R: \$192 / NR: \$212

Instructor: EBD- Hafer
Location: Dance-Right

Thu: 1/26-5/4* **4:45-5:30pm**
210214-C R: \$192 / NR: \$212

Instructor: EBD- Arenas
Location: Dance-Right

Sat: 1/28-5/6* **12-12:45pm**
210214-D R: \$182 / NR: \$202

Instructor: EBD- Lemke

Location: Art Room

*No class dates 2/20, 4/8, 4/10, 4/13, 4/15

Sat: 1/28-5/6* **11-11:45am**
210214-E R: \$202 / NR: \$222

*No class dates 4/8, 4/15

Instructor: Dream In Color

Location: Dance-Right

Dance for Musical Theatre 1 5-7 years

All Dancers Must Meet the class age requirement by September 30, 2016. This unique class will bring together dance and theatre in a celebration of the magic of musical theatre. We'll focus on the dance techniques used to bring musicals to life, including basic jazz, modern and lyrical, as well as building stage presence. Props will be used to give students the feeling of performing in musical theatre along with teaching facial expressions and exaggerated movements needed for dance in theatre.

Mon: 1/23-5/1* **5:15-6pm**
220260-A R: \$187 / NR: \$207

*No class dates 2/20, 4/10

Instructor: EBD- Lemke

Location: Dance-Left

***All Dancers must meet the class age requirement by September 30, 2016**



Ballet I

5-8 years

All Dancers Must Meet the class age requirement by September 30, 2016. This ballet class focuses on beginning ballet technique in a fun and encouraging environment. The primary goals of our Ballet 1 classes are to help students build a love for this classic form of dance and for students to feel successful while learning. No experience necessary!

Ages 5-8

Mon: 1/23-5/1* 4:45-5:30pm
220219-A R: \$182 / NR: \$202

*No class dates 2/20, 4/10

Instructor: EBD- Miller

Location: Dance-Right

Ages 5-6

Sat: 1/28-5/6* 12-1pm
220219-B R: \$202 / NR: \$222

*No class dates 4/8, 4/15

Instructor: Dream In Color

Location: Dance-Right

Jazz/ Hip Hop 1 5-8 years

All Dancers Must Meet the class age requirement by September 30, 2016. High-energy dance class with a hip-hop flair and music that gets kids dancing. This class teaches age-appropriate technique and fun moves that will light up the dance floor. Jazz shoes and dancewear or other form-fitting clothing required.

Wed: 1/25-5/3* 4:15-5pm
220248-A R: \$192 / NR: \$212

*No class dates 4/12

Instructor: EBD- Samuel

Location: Dance-Right

Ballet/Tap/Jazz I

5-8 years

All Dancers Must Meet the class age requirement by September 30, 2016. This class will bring together ballet, tap, and jazz. Basic ballet principles, jazz technique, and the joyful rhythms of tap will expose your child to all the wonders of dance while improving strength, flexibility and musicality. Tap shoes and ballet or jazz shoes required. Dancewear or other form-fitting clothing required.

Mon: 1/23-5/1* 5:30-6:30pm
220254-A R: \$242 / NR: \$262

Instructor: EBD- Miller

Location: Dance-Right

Thu: 1/26-5/4* 5:30-6:30pm
220254-B R: \$256 / NR: \$276

Instructor: EBD- Arenas

Location: Dance-Right

Sat: 1/28-5/6* 10-11am
220254-C R: \$242 / NR: \$262

Instructor: EBD- Lemke

Location: Art Room

*No class dates 2/20, 4/10, 4/13, 4/8, 4/15

Adrenaline Hip Hop

5-13 years

Our ADF hip hop dancers will learn the latest street dancing technique, performance skills and confidence. Hip Hop is an ever-evolving style performed to current hip hop music. The Adrenaline Dance Force classes offer the ability to improve hip hop style, increase memory and improve balance by staying grounded and strong through upper and lower body movement. Adrenaline's experienced staff brings excitement to this class with the latest hip hop moves and age appropriate music! This class performs in both the Falls Church Dance Recital and has an opportunity to participate in the Adrenaline Dance Force recital - additional fees apply.

Ages 5-9
Wed: 1/25-5/10* 5:30-6:30pm
230206-A R: \$265 / NR: \$285

Ages 8-13
Thu: 1/26-5/11* 5:15-6:15pm
230206-B R: \$265 / NR: \$285

*No class dates 4/12, 4/13

Instructor: Adrenaline Staff

Location: Dance-Left

Junior Ballet

8 & up Placement Required

All Dancers Must Meet the class age requirement by September 30, 2016. Junior level is for students 9 and older with previous ballet training who are developmentally ready to pursue a more rigorous ballet program. Instruction will include ballet terminology, technique and placement as well as strengthening and learning movement combinations. With each level becoming progressively more challenging, upper level junior classes are designed to encourage young dancers to develop technically as well as artistically.

Instructor placement required, email everybodydance07@gmail.com

Jr. Ballet 1

Tue: 1/24-5/2* 4:30-5:30pm
220330-A R: \$246 / NR: \$266

Instructor: EBD- Miller

Location: Dance-Right

Jr. Ballet 2

Tue: 1/24-5/2* 4:30-5:30pm
220330-B R: \$246 / NR: \$266

Instructor: EBD- O'Hara

Location: Dance-Left

Jr. Ballet 3/4

Tue: 1/24-5/2* 5:30-6:30pm
220330-C R: \$246 / NR: \$266

*No class dates 4/11

Instructor: EBD- Miller

Location: Dance-Right

Dance For Musical Theatre 2/3 8-12 years

All Dancers Must Meet the class age requirement by September 30, 2016. This unique class will bring together dance and theatre in a celebration of the magic of musical theatre. We'll focus on the dance techniques used to bring musicals to life, including basic jazz, modern and lyrical, as well as building stage presence. Props will be used to give students the feeling of performing in musical theatre along with teaching facial expressions and exaggerated movements needed for dance in theatre.

Mon: 1/23-5/1* 6-6:45pm
240260-A R: \$187 / NR: \$207

*No class dates 2/20, 4/10

Instructor: EBD- Lemke

Location: Dance-Left

Ballet 2/3 9-14 years

All Dancers Must Meet the class age requirement by September 30, 2016. This ballet class for older students provides outstanding technical instruction in a positive and encouraging environment. The primary goals of this class are to help students build a love for this classic form of dance and for students to feel successful while learning. No experience necessary!

Wed: 1/25-5/3* 7-8pm
220222-A R: \$246 / NR: \$266

*No class dates 4/12

Instructor: EBD- Arenas

Location: Dance-Right

Jazz/ Hip Hop 2/3 9-14 years

All Dancers Must Meet the class age requirement by September 30, 2016. High-energy dance class with a hip-hop flair and music that gets kids dancing. This class teaches age-appropriate technique and fun moves that will light up the dance floor. Jazz shoes and dancewear or other form-fitting clothing required.

Wed: 1/25-5/3* 5-6pm
220249-A R: \$246 / NR: \$266

*No class dates 4/12

Instructor: EBD- Samuel

Location: Dance-Right

Teen Musical Theatre

12-18 years

All Dancers Must Meet the class age requirement by September 30, 2016. Lured by the neon lights of Broadway? This unique class brings together dance and theater in a celebration of the magic of musical theater. We'll focus on the dance techniques used to bring musicals to life, including basic jazz, modern and lyrical dance steps, as well as building stage presence. With an emphasis on the use of expression and drama through movement, this upbeat class is sure to be a real hit!

Wed: 1/25-5/3* 8-9pm
240208-A R: \$246 / NR: \$266

*No class dates 4/12

Instructor: EBD- Arenas

Location: Dance-Right

NEW! Contemporary

13 & up

All dancers must meet age requirement as of September 30, 2016. Contemporary is a genre of dance created to implement ballet, modern and jazz techniques into one particular style. Dancers will have a strong focus in these technique areas and will become self-aware as to how their bodies move through space.

Thu: 1/26-5/4* 6:30-7:30pm
220253-A R: \$246 / NR: \$266

*No class dates 4/13

Instructor: EBD- Arenas

Location: Dance-Right

Social Night Club & Ballroom Dancing 16 & up

Learn the basics and various patterns for popular dances such as the Waltz and Foxtrot, as well as some of the hottest and common night club dances. Get moving and having fun when you learn how to Salsa, Jitterbug Swing, Cha Cha, and Slow Dance. Couples only, each person much register. This class will meet on President's Day, February 20.

Mon: 1/30-3/6 7:30-8:45pm
250216-A R: \$75 / NR: \$95

Mon: 3/20-5/1* 7:30-8:45pm
250216-B R: \$75 / NR: \$95

*No class dates 4/10

Instructor: Tom Woll and Associates

Location: Senior Center-Left



Senior Level Ballet

All Ages – Placement Required

All Dancers Must Meet the class age requirement by September 30, 2016. Instructor placement required. Senior level, formerly Advanced Ballet and Pre-pointe/Pointe, is a high level class for students with extensive ballet training, appropriate muscular development, endurance, and the maturity needed for an extremely rigorous ballet program. Attendance at both classes weekly is expected for students desiring to train for pre-pointe. At the Senior II level, students are working toward preparedness for pointe training. Students will be enrolled initially as pre-pointe students for a specified evaluation period to determine readiness for pointe. Program instructors typically evaluate students at the start of each semester and will provide pointe instruction only for students who they deem to be physically ready for the challenges of pointe work. Regular attendance at classes is essential at this level to maintain strength.

Instructor placement required. Email everybodydance07@gmail.com

Senior Ballet

Mon: 1/23-5/1* 6:45-8pm
220228-A R: \$283 / NR: \$303

Instructor: EBD- Miller/Clay

Location: Dance-Right

Pre-Pointe/Pointe

Mon: 1/23-5/1* 8-8:30pm
220228-B R: \$96 / NR: \$116

Instructor: EBD- Miller/Clay

Location: Dance-Right

Sr Ballet

Thu: 1/26-5/4* 7:30-8:45pm
220228-C R: \$300 / NR: \$320

Instructor: EBD- Arenas/Maloney

Location: Dance-Right

Sr Ballet

Sat: 1/28-5/6* 10-11:30am
220228-D R: \$328 / NR: \$348

Instructor: EBD- Arenas

Location: Dance-Left

Pointe

Sat: 1/28-5/6* 11:30am-12pm
220228-E R: \$96 / NR: \$116

Instructor: EBD- Arenas

Location: Dance-Left

*No class dates 2/20, 4/10, 4/13, 4/8, 4/15

Beginning Karate 7 & up

Curious about the martial arts for you or your child? We teach basic blocks, punches, kicks, and forms (katas) common to many styles of martial arts and we include some self-defense techniques. Our goal is to have fun learning martial arts. We do not have beginning students fighting each other as part of the class. We accept students with some prior experience and students who have earned belts in other programs are welcome to wear them. No equipment or uniforms are necessary but may be worn. Advancement is based on skill, not age. Parents and friends are welcome to watch our classes. More information is available at www.StratfordKarate.org.

Mon: 1/23-5/22* 7-8pm

250502-A R: \$120 / NR: \$140

Sat: 1/28-5/27* 8:30-9:30am

250502-B R: \$120 / NR: \$140

*No class dates 2/20, 4/10, 4/8, 4/15

Instructor: Dave Hacker & Mike Leski

Location: Dance-Left

Intermediate Karate 7 & up

We teach introductory through advanced martial arts classes for beginning adults and experienced youngsters. Students who have earned belts in other programs are welcome to wear their uniforms and earned belts. We teach blocks, punches, kicks, and forms (katas) common to many styles of martial arts and we include self-defense techniques. For advanced students, sparring (supervised and controlled fighting) is part of the class. Our goal is to have fun learning martial arts. Advancement is based on skill, not age. While uniforms are not required for beginning students, they are recommended for continuing students. Protective equipment is necessary for sparring. Parents and friends are welcome to watch our classes. More information is available at www.StratfordKarate.org.

Mon: 1/23-5/22* 8:15-9:15pm

250507-A R: \$120 / NR: \$140

Thu: 1/26-5/18* 7-8pm

250507-B R: \$120 / NR: \$140

*No class dates 2/20, 4/10, 4/13

Instructor: Bill Kennedy

Location: Dance-Left



Advanced & Black Belt Karate 16 & up

If you have significant martial arts experience and are looking for a place to train, please join us. We are not training assassins. We have a relatively experienced group that practices advanced blocks, kicks, punches, self-defense techniques, katas, sparring, and weapons techniques. Sparring is an optional part of the class. Uniforms and hand & foot protection are required for sparring. We have more information online at www.StratfordKarate.org

StratfordKarate.org

Thu: 1/26-5/18* 8:15-9:15pm

250511-A R: \$120 / NR: \$140

*No class dates 4/13

Instructor: Rick Hathaway

Location: Dance-Left

Tai Chi & Qi Gong 16 & up

This class will explore Tai Chi forms and Qi Gong exercise for health and wellness. The exercises and forms aid in developing breath control, flexibility, muscle tone, stability and balance, eventually becoming a type of moving meditation for to the practitioner. As there is no impact to any joint, Tai Chi and Qi Gong are ideal for older persons or those whom have had knee and/or hip replacement. The study of Tai Chi is greatly beneficial to the young athlete as well. The class is structured such that anyone may join. The instructor is a Grandmaster with 49 years of study and 30 years of teaching experience.

Tue: 1/24-5/30* 6-7pm

250512-A R: \$200 / NR: \$220

*No class dates 4/11

Instructor: Grandmaster Jeff Cook

Location: Art Room

WCRB Martial Art-Beginners 6-12 years

At World Champion Rod Batiste Karate DAGPAW is the acronym we use to instill the six skills necessary to be a success, it stands for: Discipline, A's & B's, Goal Setting, Perseverance, Attitude, and Work Ethic. During this beginner session along with karate basics, we will be concentrating on self – discipline. At WCRB we don't just talk about success, we produce it!

Tue/Thu: 1/24-6/1* 5:15-6:15pm

220506-A R: \$315 / NR: \$335

*No class dates 4/11, 4/13

Instructor: WCRB Karate

Location: Senior Center-Right

Young Musketeers Fencing 5-7 years

The Fencers Club welcomes kids ages 5-7 to our Young Musketeer program, where they can learn to fence using foam sabers. The classes teach and reinforce the fundamentals of fencing such as footwork, handwork and the rules in a fun and exciting atmosphere. The fundamentals are reinforced with games and activities that emphasize critical thinking and quick decision-making as well as necessary physical attributes such as overall conditioning and quick reaction times. Parents are encouraged to stay and observe during the class. All equipment is included.

All Classes Meet 6-7pm R: \$120/NR: \$140

Mon: 1/9-3/13* 220507-A

Wed: 1/11-3/1* 220507-B

Fri: 1/13-3/10* 220507-C

Mon: 3/20-5/15* 220507-D

Wed: 3/8-5/3* 220507-E

Fri: 3/17-5/12* 220507-F

*No class dates 1/16, 2/20, 1/20, 4/10, 4/12, 4/14

Instructor: The Fencers Club

Location: The Fencers Club, 3431 Carlin Springs Road, Suite E, Falls Church, VA 22041

Fencing & Tennis

Intro To Olympic Fencing

Ages 8-13 & 14 & Up

This class teaches and reinforces the fundamentals of fencing such as footwork, handwork and the rules in a fun and exciting atmosphere. The fundamentals are reinforced with games and activities that emphasize critical thinking and quick decision-making as well as necessary physical attributes such as overall conditioning and quick reaction times. All equipment is included.

Ages 8-13

All Classes Meet 6-7pm R: \$120/NR: \$140

Mon: 1/9-3/13 220508-A

Wed: 1/11-3/1 220508-B

Fri: 1/13-3/10 220508-C

Mon: 3/20-5/15 220508-D

Wed: 3/8-5/3 220508-E

Fri: 3/17-5/12 220508-F

Ages 14 & Up

All Classes Meet 7-8pm R: \$120/NR: \$140

Mon: 1/9-3/13 220509-A

Wed: 1/11-3/1 220509-B

Fri: 1/13-3/10 220509-C

Mon: 3/20-5/15 220509-D

Wed: 3/8-5/3 220509-E

Fri: 3/17-5/12 220509-F

Instructor: The Fencers Club

Location: The Fencers Club, 3431 Carlin Springs Road, Suite E, Falls Church, VA 22041



TENNIS

City of Falls Church / FirstServe Tennis 2017 SPRING Tennis Program

Tennis Everyone!

Whatever your level of play, you are just a few hours of FirstServe Tennis instruction away from a lifelong love of tennis! Join FirstServe Tennis Academy on court for first-rate instructional programs for players of all abilities ages 4-adult! Gregg Deinhardt and Stephan Schlagenhauff are USPTA and Easitennis certified instructors who lead a talented staff teaching tennis in a friendly, fun and supportive environment. By keeping class size small, students benefit from individual attention that leads to quick results. Private lessons by appointment are also available so you can set up a lesson plan that fits in your schedule. Students should bring water to every session! Tennis rackets are required! Contact FirstServe Tennis for program, racket and equipment recommendations.

Email lessons@tenniseveryone.net, call 703-868-8172 or visit www.tenniseveryone.net for more information.



Little Shots Tennis 4-6 years

An introduction through fun games and activities designed to build hand-eye coordination and familiarity with the tennis ball and racket. A tennis racket is required. Ratio 4:1. Weather make-up day on 6/21 if necessary.

New! Try it to Love it Tennis!

Wed: 3/8-4/5 3:30-4:15pm

220901-A R: \$100 / NR: \$120

Little Shots Tennis

Wed: 4/19-6/14 2:30-3:15pm

220901-B R: \$180 / NR: \$200

Instructor: FirstServe Tennis

Location: Cavalier Trail Park, Court #1

Try it to Love it Tennis!

7-14 years

Try it to love it! Learn fundamental strokes in this early spring mini-program and become a tennis player for life! Player-Coach ratio is 6:1.

Ages 7-10

Wed: 3/8-4/5 4:30-5:30pm

230900-A R: \$100 / NR: \$120

Ages 10-14

Wed: 3/8-4/5 5:30-6:30pm

230900-B R: \$100 / NR: \$120

Instructor: FirstServe Tennis

Location: Cavalier Trail Park, Court #1

Tennis 1&2 Rally, Serve, Score 6-14 years

Players learn and review the fundamental strokes: Forehand, backhand, volleys, and serve with emphasis on developing rallying skills. Player-Coach ratio is 6:1. Weather make-up day on 6/21 if necessary.

Ages 6-8

Wed: 4/19-6/14 4:30-5:30pm

230902-C R: \$180 / NR: \$200

Ages 8-10

Wed: 4/19-6/14 5:30-6:30pm

230902-D R: \$180 / NR: \$200

Ages 10-14

Wed: 4/19-6/14 6:30-7:30pm

230902-E R: \$180 / NR: \$200

Instructor: FirstServe Tennis

Location: Cavalier Trail Park, Court #1

NEW! Try it to Love it Tennis 18 & up

Players new to the game learn the fundamental strokes: forehand, backhand, volleys, and serve. A tennis racket is required. Ratio 4:1

Wed: 3/8-4/5 7-8:15pm

250900-A R: \$138 / NR: \$148

Instructor: FirstServe Tennis

Location: Cavalier Trail Park, Court #1



Tennis 1 Adult Beginner 18 & up

Players new to the game learn the fundamental strokes: forehand, backhand, volleys, and serve. A tennis racket is required. Ratio 4:1. Weather make-up days on 6/20 and 6/21, if necessary.

Tue: 4/18-6/13 9:30-10:45am
250901-A R: \$248 / NR: \$268
Wed: 4/19-6/14 7:30-8:45pm
250901-B R: \$248 / NR: \$268

Instructor: FirstServe Tennis

Location: Cavalier Trail Park, Court #1

Adult Tennis 2: Early Spring Drill! 18 & up

Start your outdoor season with thorough drilling to remove winter blahs! Ready your game so you can take your racquets on spring break! For advanced beginners and rising intermediates.

Wed: 3/8-4/5 8:15-9:30pm
250905-A R: \$138 / NR: \$158

Instructor: FirstServe Tennis

Location: Cavalier Trail Park, Court #1

Tennis 2 Adult Drill, Rally & Play 18 & up

Players with limited on-court experience refine stroke production and learn how to play competitive points! Players drill strokes, develop rallying skills, and engage in point play. For players who have completed Tennis 1 or with coach's recommendation. A tennis racket is required. Ratio 4:1. Weather make-up day on 6/21 if necessary.

Wed: 4/19-6/14 8:45-10pm
250906-A R: \$248 / NR: \$268

Instructor: FirstServe Tennis

Location: Cavalier Trail Park, Court #1

Tennis 3: Early Spring Drill! 18 & up

Start your outdoor season with thorough drilling to remove winter blahs! Ready your game so you can take your racquets on spring break! For intermediate players.

Wed: 3/8-4/5 10:45am-12:15pm
250907-A R: \$135 / NR: \$155

Instructor: FirstServe Tennis

Location: Cavalier Trail Park, Court #1

Tennis 3 Adult Intermediate 18 & up

Techniques for improved shot making, tactics and strategy-based drilling combine with match play for intermediate players. A tennis racket is required. Ratio is 8:1. Weather make-up day on 6/21 if necessary.

Wed: 4/19-6/14 9:15-10:45am
250909-A R: \$243 / NR: \$263
Wed: 4/19-6/14 10:45am-12:15pm
250909-B R: \$243 / NR: \$263

Instructor: FirstServe Tennis

Location: Cavalier Trail Park, Court #1

Adult Cardio Tennis 18 & up

High-paced drilling improves your tennis fitness and your stroke production! Ratio 6:1. Weather make-up day 6/20 if necessary.

Tue: 4/18-6/13 10:45am-12pm
250910-A R: \$225 / NR: \$245

Instructor: FirstServe Tennis

Location: Cavalier Trail Park, Court #1



PICKLEBALL

Intro to Pickleball 18 & up

Get started the right way by learning the fundamentals of this fun, mini-tennis like game. The course covers court etiquette and safety guidelines, how to warm-up properly and the basic Pickleball strokes including dinks, volleys and the serve. Pickleball paddles and balls are provided. Please wear tennis or court shoes.

Mon: 1/23-3/6* 10-10:55am
260409-A R: \$75 / NR: \$95

Mon: 3/20-5/1* 10-10:55am
260409-B R: \$75 / NR: \$95

*No class dates 2/6, 2/20, 4/10, 4/17

Instructor: Helen White

Location: 1/2 Gym Back Door

Pickleball Fundamentals 18 & up

Build on your skills to take your game and your enjoyment of playing the game to the next level. Learn how to improve your dinks, volleys, forehands, backhands, overheads and serve using correct footwork. Prior playing experience required. Please wear tennis or court shoes.

Mon: 1/23-3/6* 11-11:55am
260410-A R: \$75 / NR: \$95

*No class dates 2/6, 2/20

Instructor: Helen White

Location: 1/2 Gym Back Door

Pickleball Doubles Strategy 18 & up

Improve your doubles game by learning important strategies such as being in the correct position, ball placement, hitting the third shot and following your shot to the non-volley line. Prior playing experience required. Please wear tennis or court shoes.

Mon: 3/20-5/1* 11-11:55am
260415-A R: \$75 / NR: \$95

*No class dates 4/10, 4/17

Instructor: Helen White

Location: 1/2 Gym Back Door

Yoga & Fitness

Stress Burner Yoga for 24/7 13 & up

Imagine moving through your day with a new sense of resilience, confidence and calm. Stress Burner Yoga techniques can help you lower your stress “set-point” and cultivate flexibility on the mat and in life. In this different kind of yoga class we’ll focus on ways to cultivate a daily practice of mindfulness, calm, gratitude and joy in a fun, supportive atmosphere. This class is also a good complement to any yoga class you are already taking.

Wed: 1/25-5/31* 7:45-9pm

240403-A R: \$275 / NR: \$295

Wed: 1/25-3/15 7:45-9pm

240403-B R: \$155 / NR: \$175

Wed: 4/5-5/31* 7:45-9pm

240403-C R: \$155 / NR: \$175

*No class dates 3/22, 3/29, 4/12

Instructor: Stress Burner Yoga

Location: Community Room

Register for session A today!

Yoga for Fitness 18 & up

This class introduces participants to fundamentals of yoga practice including asanas (poses), breathing techniques, and body awareness. Class is presented in a dynamic workout that includes stretching, strength-building, and complete relaxation. Participants work safely and gently to increase or restore flexibility and range of motion, build stamina, and improve coordination and balance. No previous yoga experience necessary; all levels welcome. Mats available.

Tue: 12/20-1/10 8-8:55pm

250414-A R: \$48 / NR: \$68

Mon: 1/23-5/8* 12:15-1:15pm

250414-B R: \$168 / NR: \$188

Tue: 1/24-5/16* 8-8:55pm

250414-C R: \$192 / NR: \$212

*No class dates 2/20, 4/10, 4/11

Instructor: BodyMoves Fitness

Location: Community Room

Class Cards! *

Can't commit to an entire session of step aerobics? The Falls Church Class Card is for you! The card entitles you attend any Step for Fun & Fitness, Core Body Strength/Training, or Kickboxing Power. Simply attend the class of your choice and get your card initialed by the instructor. The card is good for 10 individual classes. Students are permitted to buy multiple cards.

Fees: R: \$80 / NR: \$100



Gentle Yoga 18 & up

Through a series of traditional and modified yoga postures and breathing techniques, this accessible class is designed to enhance flexibility, balance and functional strength using attainable poses at a beginner level, while stimulating the mind, body and spirit. Reduce your stress level with this excellent complement to any fitness program. No previous yoga experience necessary; all levels welcome. Mats are available.

Thu: 1/26-5/18* 9:30-10:25am

250415-A R: \$180 / NR: \$200

*No class dates 4/13, 4/20

Instructor: BodyMoves Fitness

Location: Community Room



FITNESS

Register Today!

Step for Fun & Fitness* 14 & up

Class features warm-up, cardiovascular workout using the platform steps, muscle conditioning, flexibility stretches and a cool-down.

Mon/Wed: 1/9-4/5* 6:30-7:30pm

250404-A R: \$156 / NR: \$176

Mon/Wed: 4/17-5/24 6:30-7:30pm

250404-B R: \$78 / NR: \$98

*No class dates 1/16, 2/20

Instructor: Eileen Cutrona

Location: Senior Center-Right

Register Today!

Core Body Strength/ Training* 14 & up

Class incorporates core, strength moves using weights/body weight and cardio for overall fitness. All exercises can be adapted to your personal fitness level. Class is taught by a Certified Personal Trainer.

Tue/Thu: 1/10-4/6 6:30-7:30pm

250444-A R: \$169 / NR: \$189

Tue/Thu: 4/18-6/1 6:30-7:30pm

250444-B R: \$91 / NR: \$111

Instructor: Pam Doran

Location: Senior Center-Full



Register Today!

Kickboxing Power*

14 & up

Class will incorporate warm-ups, upper and lower body strength exercise, kickboxing techniques and routines and cool down stretching. Participants can work at their fitness level. Class is taught by a Certified Personal Trainer.

Tue: 1/10-4/4 7:30-8:30pm
250417-A R: \$85 / NR: \$105
Tue: 4/18-5/30 7:30-8:30pm
250417-B R: \$46 / NR: \$66

Instructor: Pam Doran

Location: Senior Center-Right

Register for session A today!

Pilates with Props

18 & up

Pilates with Props employs small apparatus including resistance rings, flex bands, sponge-balls and weighted bars to extend the range of intensity of Pilates mat exercises. The latter weeks of class add an element of balance work through use of the Swiss ball. (Instructor will provide suggestions to source a burst-resistant, 55-cm ball or bring your own.)

Tue: 12/20-1/10 7-7:55pm
250410-A R: \$48 / NR: \$68
Tue: 1/24-5/16* 7-7:55pm
250410-B R: \$192 / NR: \$212

*No class dates 4/11

Instructor: BodyMoves Fitness

Location: Community Room

ESSETRICS Aging Backwards/ Age Reversing Stretch 18 & up

This age reversing workout will restore movement in your joints, flexibility and strength in your muscles, relieve pain, and stimulate your cells to increase energy, vibrancy and your immune system. This slow-paced, full body workout (640 muscles) is based on tai chi's flowing movements for balanced health; ballet's strengthening theories for long, lean, flexible muscles, and the healing powers of physiotherapy to create a pain free body. Created by the author of the New York Times bestseller, Aging Backwards and the new PBS show and book titled Forever Painless. For more information

www.essentricsnova.com.

Sun: 1/29-3/26 2:30-3:30pm
240449-A R: \$65 / NR: \$85
Sun: 4/2-5/28* 2:30-3:30pm
240449-A1 R: \$55 / NR: \$75
Mon: 1/23-3/20* 7:15-8:15pm
240449-B R: \$65 / NR: \$85
Mon: 3/27-5/22* 7:15-8:15pm
240449-B1 R: \$65 / NR: \$85
*No class dates 2/20, 3/19, 4/9, 4/10, 4/16

Instructor: Essentrics NOVA

Location: Art Room

NTL- Never Too Late Fitness 55 & up

Don't believe that nonsense that you have to live with all those "growing old" problems. Join our Seniors Fitness Program' instructed by a Certified Personal Trainer – Senior Fitness Specialist/ Corrective exercise specialist/ Performance Enhancement Specialist/ MMA Conditioning Specialist/ Fitness Nutrition Specialist, and learn how you can fight-back, and W-I-N. Class will focus on improving balance, stability, cardiovascular endurance, strength, flexibility and most importantly, core strengthening; building a stronger and more stable foundation; and greatly reducing the risk of falling. All students are to bring an exercise mat and light (2 - 8 lb. dumbbells).

Tue/Thu: 1/24-4/6* 10-11am
260403-A R: \$368 / NR: \$388
Tue: 1/24-4/4 10-11am
260403-A1 R: \$193 / NR: \$213
Thu: 1/26-4/6* 10-11am
260403-A2 R: \$175 / NR: \$195
Tue/Thu: 4/18-6/1 10-11am
260403-B R: \$245 / NR: \$265
Tue: 4/18-5/30 10-11am
260403-B1 R: \$123 / NR: \$143
Thu: 4/20-6/1 10-11am
260403-B2 R: \$123 / NR: \$143

*No class dates 2/9

Instructor: Capitol Fitness

Location: 1/2 Gym Back Door





Welcome to C.R.U.S.H

The C.R.U.S.H Teen Center is open exclusively for teens Monday through Friday, from 3 p.m. until 6 p.m. LaShawn Timmons, the Teen Coordinator, supervises the center, teen activities, and teen trips. Contact LaShawn at **703-248-5307** (TTY 711) for more information.



Social Wednesdays

Come to C.R.U.S.H after school to socialize with friends, shoot hoops, or dance using our new X-Box Kinect. Each Wednesday will feature a different activity from tournaments to cooking projects to watching a movie.

Fee: FREE

Grades: 6-8

Time: 3pm-5pm

Dates: Wednesdays; January-May

Midnight Madness

Hang with friends and play dodge-ball, compete in eating contests, karaoke, or join a Wii bowling tournament at our monthly Friday night party for middle school students only! Pizza and sodas are available for sale. Participants must be signed in and out by a parent or guardian.

Fee: \$5

Grades: 5-8

Time: 7pm-12am

Dates: January 13, February 17, March 17, April 21, May 19, and June 9

Teen Work List

Are you a 9th-12th grader looking to make money? If so, join our Teen Work List. Residents contact us when they need someone to perform jobs such as babysitting, yard work, snow shoveling, and dog-walking. We will then contact you via email with a job description and the residents contact information. Simply fill out an application and forward it by mail, fax, or email to ltimmons@fallschurchva.gov

For more information contact **703-248-5307**.

TEEN TRIPS



Ski/Snowboard Trip

10-18 years

Spend your day on the slopes! Whitetail Ski Resort features lots of trails. Bring additional money for food and hot chocolate! Helmets are not included. If you would like to rent a helmet, please bring an additional \$12.

Lift Ticket Only does not include any equipment – this is for participants that will be bringing their own ski/snowboard equipment.

Learn to Ski/Snowboard Package includes beginner area lift ticket, rental equipment including helmet, and beginner (Level One) class lesson. *These participants only have access to beginner trails.

All Mountain Package includes Lift Ticket valid on all open lifts, rental equipment including helmet, and class lesson at your ability level.

Lift Ticket Only

Mon: 2/6	10am-10pm
241400-A	\$82

Learn Ski/Snowboard

Mon: 2/6	10am-10pm
241400-B	\$110

All Mountain Package

Mon: 2/6	10am-10pm
241400-C	\$134

Ice Skating 10-14 years

Whether you are a novice or an expert, come show off your skills at Pentagon Row Ice Rink.

Fri: 1/27	4-9pm
241409-D	\$15

Flight Trampoline Park

11-14 years

Flight Trampoline Park is a cutting-edge trampoline park located in Springfield, VA. Participants will have two hours of jump time! Please bring money for optional arcade games and food. Additional waivers are required and will be distributed prior to the trip.

Fri: 3/24	4-9pm
241418-A	\$35

Laser Tag 10-16 years

Come and join us for a night of unlimited Laser Tag at LaserNation. Fee includes transportation and supervision. Participants should bring additional money for any arcade games or other purchases.

Fri: 3/10	6-10pm
241444-A	\$25

Washington Wizard's Game 12-16 years

Join us for a night of basketball as we cheer on the Washington Wizards! Please bring money for food and the metro. Go Wizards!

Sun: 2/26	3:30am-8pm
241465-A	\$45

1st Touch Soccer Clinic-Winter 2-5 years

First Touch Soccer Clinic is a program designed to develop your young players love and interest in soccer by providing FUN-damental skills and techniques needed. A seven session course open to boys and girls ages 2-5. We offer a Monday option during the Winter as well as Saturday and Wednesday options in the Spring. Participants must meet the age requirement by 9/1/2016. The First Touch clinic serves as an excellent developmental stage to prepare the young soccer player for team play as they enter kindergarten. All clinics will be taught by coaches from Challenger British Soccer Academy. No class 2/20

Ages 2-3

Mon: 2/6-3/27

3-3:45pm

611103-A

R: \$100 / NR: \$120

Ages 4-5

Mon: 2/6-3/27

4-4:45pm

611103-B

R: \$100 / NR: \$120

Location: 1/2 Gym Back Door

1st Touch Soccer Clinic 2-5 years

First Touch Soccer Clinic is a program designed to develop your young players love and interest in soccer by providing FUN-damental skills and techniques needed. A seven session course open to boys and girls ages 2-5. We offer both Saturday and Wednesday options. Participants must meet the age requirement by 9/1/2016. The First Touch clinic serves as an excellent developmental stage to prepare the young soccer player for team play as they enter kindergarten. All clinics will be taught by coaches from Challenger British Soccer Academy.

Ages 2-3

Wed: 4/5-5/17

10-10:45am

611104-A

R: \$100 / NR: \$120

Wed: 4/5-5/17

3-3:45pm

611104-C

R: \$100 / NR: \$120

Sat: 4/8-5/20

9-9:45am

611104-E

R: \$100 / NR: \$120

Ages 4-5

Wed: 4/5-5/17

11-11:45am

611104-B

R: \$100 / NR: \$120

Wed: 4/5-5/17

4-4:45pm

611104-D

R: \$100 / NR: \$120

Sat: 4/8-5/20

10-10:45am

611104-F

R: \$100 / NR: \$120

Sat: 4/8-5/20

11-11:45am

611104-G

R: \$100 / NR: \$120

Location: Larry Graves Field

Falls Church Youth Lacrosse Club

Ages 7-15

Come play the fastest sport on two feet and become a part of the fastest growing sport in Northern Virginia. Beginners to advanced, all individuals are welcome. Our teams play in the Northern Virginia Youth Lacrosse League against teams throughout Northern Virginia. Practices begin in mid-March concluding with playoffs in early June. Practice on local fields twice a week with a weekend game. Register online at www.fclaxclub.com. Volunteer coaches needed.

Spring Soccer

Kindergarten-8th Grade

Teams will be formed by grade and will participate in either Falls Church or the Arlington Soccer Association. Practices and games will be held at nearby fields; times vary by team. Practices will start the first week of April and games will go through the first week of June. Volunteer coaches are needed! Call **703-248-5077** for more information on registration, fees and league rule information.

Early Bird Registration: Jan 30th - Feb 12th

Kindergarten/2nd Grade

Resident: \$85 / Non-Resident: \$105

3rd Grade & Above

Resident: \$105 / Non-Resident: \$125

Regular Registration: Feb 13th - 26th

Kindergarten/2nd Grade

Resident: \$100 / Non-Resident: \$120

3rd Grade & Above

Resident: \$120 / Non-Resident: \$140

Girls Youth Volleyball

Grades 6th-8th

Falls Church has partnered with the McLean Youth Volleyball program to offer middle school females an opportunity to play spring volleyball. All levels are welcome. Practice schedule is determined once teams are formed. Practices are held in Falls Church gymnasiums. Games are played on Saturdays at gymnasiums in the McLean-area. These are house teams only. Select players should contact McLean Youth Volleyball directly.

Registration begins Jan. 4 for City residents, Jan. 11 for non-City residents.

6th Graders:

651115-A

R: \$145 / NR: \$165

7th Graders:

651115-B

R: \$145 / NR: \$165

8th Graders:

651115-C

R: \$145 / NR: \$165

Little League Baseball

Ages 4-12

PLAY BALL!



Registration for the Falls Church Kiwanis Little League's Spring baseball season is now open. Boys and girls born between May 1st, 2004 and August 31st, 2013 are eligible. See www.fckll.org for details. The levels are:

Baseball Majors – Ages 10-12

Baseball AAA – Ages 8-11

Baseball AA – Ages 7-10

Baseball Single A – Ages 6-9

Tee-Ball – Ages 4-7

Early bird discounts for registrations received by December 31.

Tryouts (for ages 8-12) will be held in February.

Please visit our website for more information and to register.

www.fckll.org

(Click on Spring 2017 Registration for more information and to register)

Questions about the spring season schedule or the most appropriate level for your child? Just drop us an email:

FCKLLPlayerAgent@gmail.com

Adult Sports

Spring/Summer Co-ed Softball

Registration: April 3rd-May 7th
(Teams Only)

Slow Pitch play begins in late May and goes through July. Various levels of competition are offered. Call **703-248-5077** for registration form, fees, and league rule information.

Fees: \$600

Spring Co-ed Volleyball

Registration: February 27th-March 12th
(Teams Only)

League play begins in late March. Various levels of competition are offered. Call **703-248-5077** for registration form, fees, and league rule information.

Fees: \$300



Spring Women's Volleyball

Registration: February 27th-March 12th
(Teams Only)

League play begins in late March. Various levels of competition are offered. Call **703-248-5077** for registration form, fees, and league rule information.

Fees: \$240

Women's Summer Basketball League

Registration: January 30th-February 26th (Teams Only)

Various levels of competition are offered and play begins late March. Team members must be 18 years of age or older. For more information call **703-248-5077**.

Fees: \$600 per team (8 game schedule)

Men's Summer Basketball League

Registration: March 27th-April 9th
(Teams Only)

Various levels of competition are offered and play begins in early May. Team members must be 18 years of age or older. For more information call **703-248-5077**.

Fees: \$800 per team

PART-TIME SEASONAL POSITIONS

Falls Church Recreation & Parks has a number of Part-Time Seasonal positions available to include:

Summer Programs

- Camp Director
- Extended Care Counselors
- Playground Counselors
- Teen Excursion Leaders
- Water Safety Instructors

*Positions will be posted in February for Summer 2017

Email Recreation@fallschurchva.gov for more information.

Youth & Adults Sports

- Gym/Field Monitors
- Referees
- Scorekeepers

*Positions are posted as needed.

Email Recreation@fallschurchva.gov for more information.

To Apply:

- Apply online at www.fallschurchva.gov
- Send a completed City application or resume to hr@fallschurchva.gov or to:

**City of Falls Church
Human Resources Division
300 Park Avenue
Falls Church, VA 22046**

Reasonable Accommodation:

During the selection process, applicants with disabilities may request reasonable accommodation with the mutual agreement of the hiring authority and the Human Resources Division. Requests for reasonable accommodation should be directed to the Human Resources Division. The City of Falls Church does not discriminate on the basis of race, color, national origin, gender, sexual orientation, religion, age, or disability.



Hobby Classes

- Recreation Instructor

Have a special skill others might be interested to learn? Recreation Instructors teach classes in art, karate and more.

Visit www.fallschurchva.gov/Jobs for details.

Falls Church Clubs

COME JOIN A FALLS CHURCH CLUB!

Bridge Club

Social Bridge – Meets every Monday at 10am. Come spend the day playing bridge in a friendly and pleasant atmosphere. This is a social game setting.

Contract Bridge – Meets every Friday at 9am. Come spend the day playing bridge in a friendly but competitive setting. This club is for the more serious bridge player.

Garden Club

The Falls Church Garden Club is a city sponsored local horticultural organization open to anyone. Annual membership is \$15. The Club meets the first Monday of the month, with the exception of January, July and August. Meetings are held in the American Legion Post Building on Oak Street at 7:30 pm., and feature garden specialists who share their knowledge on various gardening topics. Come meet and make new friends, enjoy the best cookies in town and you may win a prize! Additional activities include club trips, visits to private/public gardens, plant exchanges and a SPRING Plant Sale. Proceeds benefit all aspects of horticulture in Falls Church City. More information? Be sure to check our website www.fallschurchgardenclub.org.

Golden Age Bingo Club

The Bingo club meets from 10am-1:30pm every Tuesday in the Senior Center for adults 50 and over. Come play some Bingo, have fun, socialize and meet new friends. Besides Bingo, the group has raffle drawings, parties, and goes on trips. This group is run by a senior. Small fee of 25 cents per card applies.

Falls Church Concert Band

The Concert Band performs a mixture of marches, classical pieces, Broadway melodies, and American classics. The band is led by Music Director, Robert Little and rehearses Wednesday nights at George Mason High School. For more information, visit www.fallschurchconcertband.org

Knitting and Crocheting Club

Every Thursday at 10am in the Senior Center. Knitting & Crocheting for all skill levels. Come join us for a great learning experience. All projects welcomed.

Language Clubs

German Conversation

Tuesdays at 10am

Spanish Conversation

Wednesdays at 10:45am

Italian Conversation

Wednesdays at 1:30pm

French Conversation

Thursdays at 10am

Come sit back, relax and enjoy some great conversation. All levels of conversation welcomed. Some knowledge of the language is expected, these are not teaching clubs.

Military History

Hear from authors, historians, and those with first-hand accounts about events that shook the world. This season's programs will include recognition of the American Civil War's sesquicentennial. Veterans of WWII will also give personal accounts of history's greatest conflict. This enthusiastic group enjoys a lively give-and-take. Alternate Fridays from 10am-Noon. Please call the Senior Center at 703-248-5020 for more information.

AARP Smart Driver Course

Instructor: David Young



Location: Falls Church Community Center

A refresher-driving course for licensed drivers aged 50 & older. This course will review the different processes of driving for the older driver. A certificate will be issued at completion of the two day course, which can be submitted to insurance. The State of Virginia mandates a discount in car insurance. Make checks payable to "AARP". Please bring membership card with you to verify AARP membership in order to receive discount.

Dates:

Monday, 3/27 and Wednesday, 3/29

Time: 9am-1pm

Fee: AARP Member: \$15/Non \$20

Please call 703-248-5027 to register.

FALLS CHURCH MILITARY HISTORY FORUM

- | | |
|----------------|---|
| Jan. 6 | Denis Hannan: Fort Loudon: Interesting History for a Small Fort |
| Jan. 20 | Col. Lawrence Pence: Vietnam: Air America's Only Aerial Victory |
| Feb. 3 | Dr. Barry Eagel: Iwo Jima and Joe Rosenthal's Iconic Photo |
| Feb. 17 | Mike Benge: An AID-POW in Southeast Asia |
| Mar. 3 | John Bullach: All Aboard, Over There! |
| Mar. 17 | Jay Kalner: Cold War Soviet Strategic Forces and Arms Control Negotiations |
| Mar. 31 | Robyn Dexter: Secret Weapons, Forgotten Sacrifices |
| Apr. 14 | Ed Murphy: Nazi Espionage on American Soil |
| Apr. 28 | Ron Markiewicz: Champagne Campaign |
| May 12 | Don Pauly, Capt. US Navy (ret.): A Tin Can Skipper's Story |
| May 26 | Al Ullman: The Marines in Korea |

Falls Church Senior Center

The Falls Church Senior Center is located in the Falls Church Community Center and operated by the Recreation & Parks Department. A wide range of activities is offered Monday-Friday.

Please call 703-248-5020 for more information. Hours of Operation: Monday-Friday, 9am-3pm.

REGULAR PROGRAMS INCLUDE:

Armchair Fitness

Exercise with us every Wednesday from 10-10:30am.

Ballroom Dancing

Every 2nd Thursday from 1:00-2:45pm

Bingo

Meets every Wednesday from 10am-1:30pm. Break for lunch from 12noon-12:30pm

Blood Pressure

Held every other Tuesday from 9-10am

Bridge

Bridge Players gather at the Falls Church Senior Center on Mon and Fri for bridge. Monday's social bridge group meets at 10am and Friday's contract bridge group meets at 9am.

Foreign Language Conversation Groups

Informal, drop-in groups meet weekly

Tuesdays: German group 10am

Wednesdays: Spanish group 10:45am

Wednesdays: Italian group 1:30pm

Thursdays: French group 10am

Golden Age Bingo

Meets every Tuesday from 10am-1:30pm. Break for lunch from 12noon-12:30pm

Hand and Foot

If you are up for the challenge, or would like to socialize and play a friendly game, come play this card game with us every Friday at 9:00am

Knitting and Crocheting

Come join us every Thursday at 10am. Knitting & Crocheting for all ages and skill levels. All projects welcomed.

Lunch Bunch

Come join the Senior Center staff in a lunch outing once a month at different local restaurants every second Monday of the month at 12:30pm. Van leaves at Noon. \$1 Transportation

Military History

Hear from authors, historians, and those with first-hand accounts about events that shook the world. This season's programs will include recognition of the American Civil War's sesquicentennial. Veterans of WWII will also give personal accounts of history's greatest conflict. This enthusiastic group enjoys a lively give-and-take. Alternate Fridays at 10 am.

Oil and Acrylic Painting

Every Friday in the Art Room from 1pm-3pm. Open studio. Work on your own projects.

Pickleball

Mondays noon to 2:30pm

Open Play

Mondays 2:30pm to 3pm

City Residents Only

Wednesdays 11:30am-1:30pm

Open Play

Donations greatly appreciated and will go directly to the program.

No Pickleball Dates: 1/2, 1/16, 2/6, 2/20, 4/10, 4/12, 4/17, 4/19, 5/29

This schedule goes through June 19, 2017

Rummikub

Every Wednesday at 1:30pm

Scrabble

Every Tuesday at 1:30pm

Watercolor/Drawing Open Studio

Every Friday in the Art Room from 9:30am-12:30pm. Open studio. Work on your own projects.



LUNCH BUNCH

January: IHOP - Monday, January 9

February: Applebee's - Monday, February 13

March: El Tio Mexican Grill - Monday, March 13

April: Ruby Tuesday - Monday, April 10

May: Olive Garden - Monday, May 8

SPECIAL SENIOR PROGRAMS

January: Bingo Bash & Pizza Party

February: Valentine's Day Celebration

March: St. Patrick's Day Celebration

April: Spring Fling

May: Ice Cream Social

GREAT COURSE: The Spiritual Brain: Science and Religious Experience.

Instructor: Ann McCleary

Location: Teen Center

This Great Course is taught by Dr. Andrew Newberg, Myrna Brind Center of Integrative Medicine at Thomas Jefferson University Hospital.

The course considers how the brain develops biologically across the life span. It discusses why the brains of some people are intensely religious while the brains of others reject the notion of God. It discusses why human beings exist, what the nature of truth is, and how people know what is real. Near death experiences, Revelation, Salvation and the brain are also included.

Thur: 4/6-4/27 10am-12Noon
261013-B **Fee:** Free

Register for this class at the community center in person, online or by phone at 703-248-5027.

ENJOY CITY RECREATION SPACES!

Community Center

The Community Center is located adjacent to Cherry Hill Park and in the heart of the City. It is the perfect place to play basketball, volleyball, tennis, table tennis, pool, air-hockey, and foosball; or to walk, take a class, or just enjoy time with family, friends, and neighbors. It is home to the Senior Center and Teen Center.

The Community Center boasts a full-size gymnasium with a six-hoop basketball court. The Center also has several multipurpose rooms the public can reserve for receptions, meetings, parties, and classes. Call 703-248-5027 to inquire about availability, fees and application.

The Community Center offers several preschool programs in a bright and stimulating room designed and furnished specifically for young children. Preschoolers ages 5 and under are educated and entertained by dedicated staff members. Enrollment is accepted for Summer, Fall and Winter/Spring sessions.

Picnic Shelters

Four of the City's parks (Cherry Hill, Berman, Madison, and Roberts Parks) have picnic shelters that are available for rent. Perfect for family gatherings, birthday parties, and group/company picnics. Call 703-248-5027 for availability, fees and application. If a shelter is not reserved it can be used on a first-come first-served basis.

Tennis Courts

Lighted courts in the following locations can be reserved by City Residents: Cavalier Trail Park (2 Courts), Cherry Hill Park, (2 Courts) and George Mason High School (4 Courts).

Call 703-248-5027 to or visit Webtrac.fallschurch.gov to make reservations up to one day in advance. Courts can be reserved 1 hour max for singles and 1.5 hours for doubles.

Fields

Stay active and apply for a permit to use the Larry Graves Soccer Field. The field is available for rent during the Summer months Mon.-Sun. based on availability. Call 703-248-5027 for availability, fees and application.

Weddings & Receptions

The Cherry Hill Farmhouse and grounds can be rented for special occasions. The house and surrounding park provide a lovely setting for wedding receptions and small parties. For rental information call the Cherry Hill Farmhouse at 703-248-5171 or visit fallschurchva.gov/CherryHillFarmhouse

Birthday Party Packages

Celebrate your child's next birthday at the Falls Church Community Center. Choose the Party in the Gym Package for 1 hour in the gym with our tot-time or various sports equipment and 3 hours in a party room. Enjoy the Teen Center Party Package for 3 hours with the pool, air hockey, ping pong, and foosball tables. Call 703-248-5027 for availability, fees and application.

CITY PARK AMENITIES

BERMAN PARK

Bike and hike trail
Picnic shelter
Picnic tables and grill
Play equipment

BIG CHIMNEYS PARK

Park benches
Picnic tables and grill
Play equipment

CAVALIER TRAIL PARK/TRIPPS RUN PARK

Basketball court (lighted)
Bike and hike trail
Park benches
Picnic table and grill
Slide and Swings
Tennis courts (2 - lighted)

CHERRY HILL PARK

Basketball court (lighted)
City kiosk
Horseshoe court
Park benches
Picnic shelter
Picnic tables and grills
Play equipment
Volleyball court
Water fountain
Tennis courts (2 - lighted)

CROSSMAN/FOUR MILE RUN PARK

Park benches
Picnic tables and grills
Slide and Swings

DONALD S. FRADY PARK

Horseshoe court
Game table
Gazebo
Mini-amphitheater
Picnic tables and grills
Play equipment
Water fountain

FORT TAYLOR PARK

City kiosk
Historic Trail marker
Park bench

LINCOLN PARK

Basketball court
Park benches
Picnic table and grill
Play equipment

MADISON PARK

Basketball court
Park benches
Picnic shelter
Picnic tables
Play equipment
Rectangular athletic field
Water fountain

ROBERTS PARK

Basketball court
Park benches
Picnic shelter
Picnic tables and grills
Play equipment
Water fountain

WEST END PARK

Park benches
Picnic tables and grills
Play equipment
Skateboard and BMX features

Falls Church Public Spaces

The Recreation and Parks Department uses the following school facilities for activities and programs.

FALLS CHURCH PUBLIC SCHOOLS

GEORGE MASON HIGH SCHOOL/
MARY ELLEN HENDERSON MIDDLE
SCHOOL
(7124 Leesburg Pike)
Baseball/softball fields (2)
Running track
Rectangular fields (2; 1 has artificial turf)
Tennis courts (4 - lighted)

THOMAS JEFFERSON
ELEMENTARY SCHOOL
(601 South Oak Street)
Basketball court
Bike and hike trail
Park benches
Play equipment
Rectangular athletic field
Softball/baseball fields (2)

MOUNT DANIEL
ELEMENTARY SCHOOL
(2328 North Oak Street)
Basketball court
Play equipment
Small athletic field

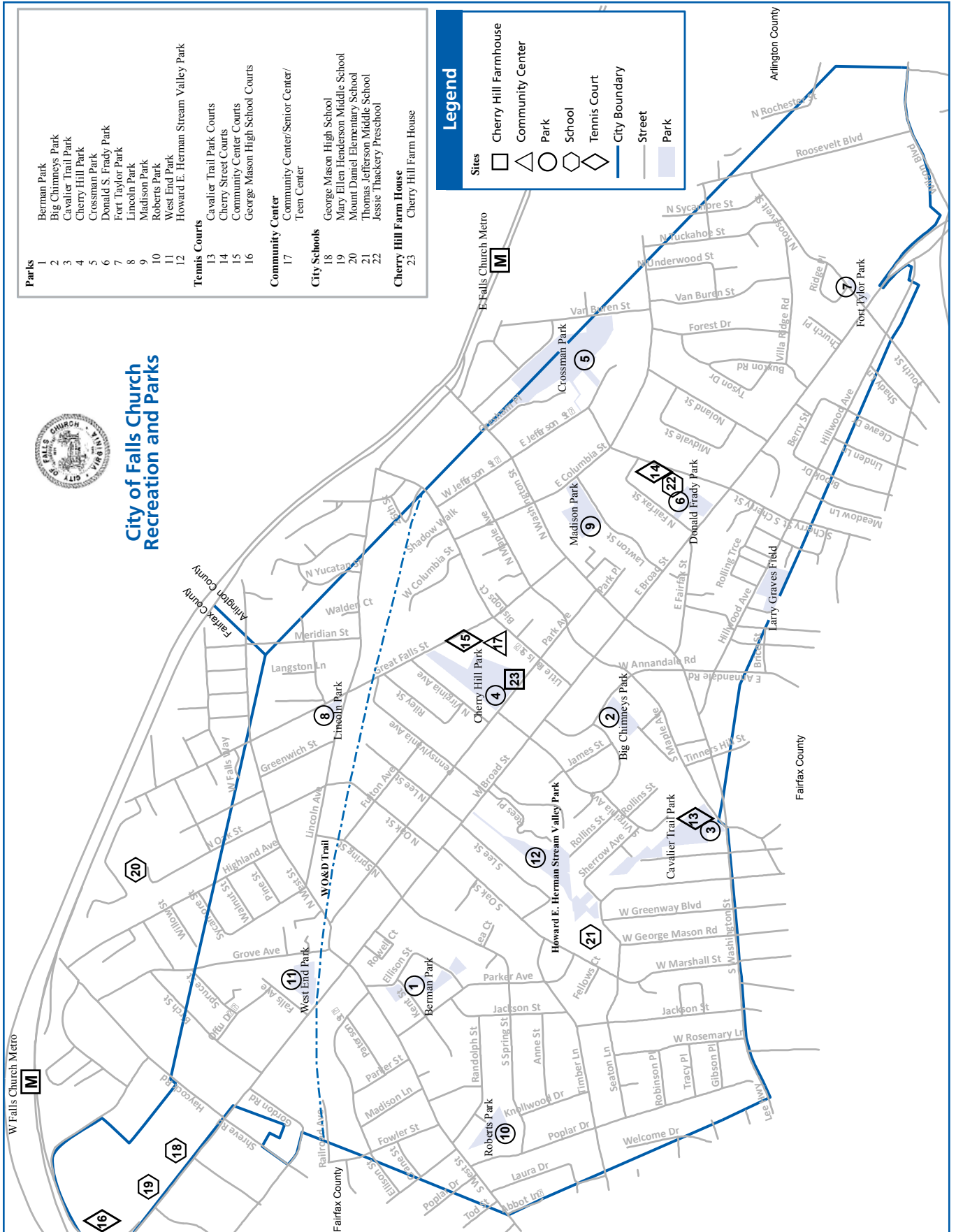
OTHER RECREATION FACILITIES
Falls Church Community Center
(223 Little Falls Street)
Cherry Street tennis courts (2)
W & OD Bike Trail

MEMORIAL AND HISTORICAL INTERESTS

Cherry Hill Farm – House, Barn and Grounds (312 Park Avenue)
Memorial Park (Park Ave. & Little Falls Street)



City of Falls Church Recreation and Parks



RESOURCES FOR RESIDENTS

Vehicle Registration (State of Virginia)

To register a vehicle with Virginia, first obtain the state safety and emissions inspections, driver insurance, and a valid title. Then register the vehicle at any Virginia Department of Motor Vehicles customer service center.

Vehicle Registration (City of Falls Church)

Once a vehicle is registered with the state, it must be registered with the City. Complete the vehicle registration in person at city hall (room 104E) or you can register online or by fax or mail by completing the Motor Vehicle Registration Form at www.fallschurchva.gov/VehicleRegistration and following the instructions provided there. Please be sure to include the owner or lessee's DMV Driver's License number and daytime phone number. The Treasurer's Office will bill for the city decal; once paid, the registrant will be sent the decal in the mail.

Voter Registration

Voter Registration applications for new and existing Virginia residents may be filed with the DMV or the City Registrar. Registrations are due at least 29 days before a primary or general election or 14 days before a special election.

Taxes

The Treasurer's Office handles tax billing, relief, and payments: 703-248-5046 (TTY 711) or treasurer@fallschurchva.gov.

The Office of the Commissioner of the Revenue handles business taxes, personal property tax assessments, and assists with income tax filing: 703-248-5065 (TTY 711) or commissioner@fallschurchva.gov.

The Office of the Real Estate Assessor determines the current market value of taxable and tax exempt properties as of January 1 each year. The City Council uses these values to determine the annual tax rate. Questions? Call 703-248-5022 (TTY 711) or realestate@fallschurchva.gov.

WHERE TO FIND CITY OF FALLS CHURCH INFORMATION

City Website:

www.fallschurchva.gov

Facebook:

facebook.com/CityofFallsChurchGov

Instagram:

instagram.com/FallsChurchgov

Twitter:

twitter.com/FallsChurchGov

Citizen Information Line:

703-248-5200

eFocus Newsletter:

Sign up at www.fallschurchva.gov/Efocus

FCC-TV:

Cox channel 11, RCN channel 2, Verizon channel 35

Alert System:

Sign up at alert.fallschurchva.gov

Radio:

1680 AM (during emergencies)



Public Schools

There are five schools in the Falls Church City Public Schools system: Jessie Thackrey (Preschool), Mount Daniel Elementary (Kindergarten and First Grade), Thomas Jefferson Elementary (grades 2-4), Mary Ellen Henderson Middle (grades 5-7), and George Mason High (grades 8-12).

For information on how to register a child, call 703-248-5600 (TTY 711). More information is available at www.fccps.org.

Parking Permits

In order to park on certain City streets, you must have a parking permit issued by the Police Department: 703-248-5054 (TTY 711).

Drive-Through Permits

In order to drive through certain streets that are closed to through traffic (as during rush hour), you must have a permit issued by the Police Department: 703-248-5054 (TTY 711).

Focus on Falls Church Newsletter

Get current City news with Focus on Falls Church Newsletter, the e-newsletter produced by the Office of Communications. Find the latest information about the City's environmental services, economic development, safety issues, and news about upcoming events. Sign up for this free service by entering your e-mail address in the "eFOCUS Newsletter" box on the right-hand side of the Home Page.

Pet Licenses

Dogs must be vaccinated against rabies and licensed with the City. Licenses must be obtained within 30 days of moving into the City of Falls Church for dogs over four months of age. The license fee is \$10 for fertile dogs and \$5 for neutered/spayed dogs. Licenses are issued by the Treasurer's Office: 703-248-5046 (TTY 711).

Cats over four months of age must be vaccinated against rabies but do not need to be licensed with the City.

Solid Waste Services

Department of Public Works

Solid Waste Hotline:
703-248-5160 (TTY 711)
recycling@fallschurchva.gov

The Department of Public Works (DPW) manages weekly curbside collection of trash, bundled brush, yard waste and recyclables; special residential collection of bulk items; the City's Recycling Center; and more.

Trash Collection

Trash is collected from curbside residential customers weekly on Wednesdays, year-round (except on observed City holidays). The City issued one gray rolling trash cart per address. These carts are the property of the City and must stay with the residence. Questions? Call 703-248-5160, ext. 2 (TTY 711).

Excess Trash

Each bag of trash that does not fit in the City-issued trash cart requires an Excess Trash Sticker, which can be purchased for \$1 at City Hall, Brown's Hardware, and Giant Food Store. See the City's website for additional information and restrictions. Questions? Call 703-248-5160, ext. 2 (TTY 711).

Recycling Collection

Recycling is collected from curbside residential customers weekly on Wednesdays, year-round (except on observed City holidays). The City issued one green rolling recycling cart per address. These carts are the property of the City and must stay with the residence.



City-issued trash cart with properly-tagged excess trash bag.

Excess Recycling

There is no fee for excess recycling. Recycling that does not fit in the City-issued cart or bin may be placed in personal containers clearly marked "recycling," cardboard boxes, and paper bags. Do not put recycling in black or white trash bags. Questions? Call 703-248-5160, ext. 3 (TTY 711).

Yard Waste Collection

Properly prepared yard waste in paper bags with \$1 Yard Waste Stickers will be collected once a week on Wednesdays, year-round (except on observed City holidays). Yard waste includes only trimming arising from general landscape maintenance, like grass, leaves, plant and shrub trimmings, and other items too small to include with bundled brush. Do not include non-compostable garden debris such as sod, dirt, rocks, sand, or lumber. Questions? Call 703-248-5160, ext. 5 (TTY 711).

Bundled Brush Collection

Properly prepared brush bundles are picked up free of charge on Wednesdays, year-round (except on observed City holidays). Special Bulk Collections are available for unbundled brush. Brush includes tree branches, small tree stumps, and larger shrub trimmings. Brush must be cut in five-foot lengths with no individual branch or trunk larger than six inches in diameter. To prepare for pick-up, either securely tie branches with cord or twine, or place branches neatly in one direction in a tote, bin, or container marked "brush." Questions? Call 703-248-5160, ext. 5 (TTY 711).

Holiday Schedule

If a designated City holiday falls on a Wednesday, recycling, trash, and yard waste collection will occur on Saturday. Due to lighter loads, crews will be in your neighborhood earlier than expected. Please make sure items are curbside the night before.

Leaf Collection

Leaves are collected from residential streets in the fall. Each residential street is vacuumed two times. To prepare, rake loose leaves to the curb but avoid placing them in the street. Pile leaves away from storm drains and water meter covers. Remove stones, litter, branches, or other debris that may damage equipment.



Christmas Tree Collection

Live Christmas trees are collected free of charge on Wednesdays in January and February. To prepare, place trees in right-of-way, but behind the curb and separate from regular trash and recycling. Remove all decorations, rope, plastic, etc.

Special Collection

Special bulk collections are available for items too large or heavy to fit into a trash container. Residents may request a Special Collection by calling 703-248-5160, ext. 4 (TTY 711), before noon on Tuesday for Wednesday collection. The fee is \$75 per two cubic yards of material; appliances are charged separately at \$30 each.

Missed Collection?

If your items are properly prepared and set out by 7 a.m., they will be collected. Please leave items at the curb after reporting a missed collection. Questions? Call 703-248-5160, ext. 1 (TTY 711).

Backyard Composting Workshop:

Learn how to compost! Topics include: leaf mulching in your yard, yard waste composting, hands-on composting demonstration, making compost tea, proper food waste composting, and vermicomposting. All participants will have their names placed in a raffle to win free compost bins. Free. RSVP to **recycling@fallschurchva.gov**.

Location: Cherry Hill Park Picnic Shelter
Time: 2-4 pm
Date: May 6, 2017

Mary Riley Styles Public Library

ABOUT THE LIBRARY

The Mary Riley Styles Public Library is a full service library providing access to items in a wide range of formats: books, periodicals, CDs (recorded books and music), DVDs and downloadable content (eBooks, eAudiobooks, eMagazines, and eMusic). Computer access in the building includes 16 internet work stations, free Wi-Fi, and color and b/w laser printing. Patrons can additionally connect to nearly 20 research databases from home with a valid MRSPL card. Library services include book discussion groups, storytimes, summer and winter reading programs, internet tutoring, and a Local History Room. The library has two 24 hour exterior book drops, one of which is drive-thru.

Getting A Library Card

The library serves residents, employees, and property owners of the City of Falls Church and by cooperative agreement with the Washington Metropolitan Council of Governments, residents of certain cities and counties are also eligible for a library card: Arlington (VA), City of Alexandria (VA), Washington, DC, Fairfax (VA), Frederick (MD), Loudoun (VA), Montgomery (MD), Prince Georges (MD), and Prince William (VA). A subscription card is available for an annual fee for patrons who do not meet these residency requirements. Apply for a library card in person at the library or online at www.fallschurchva.gov/GetaLibraryCard.

Ebooks & More

With your MRSPL card, you can borrow from our growing collection of eBooks, eAudiobooks, eMagazines, and eMusic for use on your PC/Mac, tablet, or phone. Chose from thousands of popular books, magazines, and songs! To learn more about these wonderful online services, visit our website at www.fallschurchva.gov/Downloadable.



Mary Riley Styles Public Library
120 N. Virginia Avenue
www.fallschurchva.gov/Library

General Line: 703-248-5030
Renewal Line: 703-248-5175
Circulation Desk: 703-248-5031
Reference Desk: 703-248-5035
Youth Services Desk: 703-248-5034
Administrative Office: 703-248-5033

HOURS:

Monday	9 am - 9 pm
Tuesday	9 am - 9 pm
Wednesday	1 pm - 9 pm
Thursday	9 am - 9 pm
Friday	9 am - 5 pm
Saturday	9 am - 5 pm
Sunday	1 pm - 5 pm

Research from Home

Have a topic you need to research? Using your MRSPL card, search newspapers (including the Washington Post from 1877-present), stocks, historic Falls Church photos, and more! All from the comfort of your home! Learn more at www.fallschurchva.gov/ResearchTools.

Youth and Teen Services

The Youth Services department provides programming and services to infants, children, teens, and families. Regular infant and preschool storytimes are offered throughout the year. Two reading programs are offered during the year – the Winter Reading Program in February for ages 0-5 and the Summer Reading Program for all ages. In addition, there are book discussion groups for teens. Please see our webpage at www.fallschurchva.gov/YouthandTeenServices or call the Youth Services desk at 703-248-5034 for more information.

Adult Programs and Services

A wide range of adult programs and services are available throughout the year, including: three book discussion groups (with one geared exclusively toward for seniors); 1-on-1 internet tutoring; a weekly ESL conversation group; an adult Summer Reading Program (with amazing prizes!); and a variety of other topics (like health and wellness). Please visit the library's webpage at www.fallschurchva.gov/library or call the Reference Desk for more information.

For complete listing of all our programs for children, teens, and adults please visit the library website at www.fallschurchva.gov/library or calendar at www.fallschurchva.gov/LibraryCalendar.

General Information

MISSION STATEMENT

The mission of the Falls Church Recreation and Parks Department is to provide a year-round program of recreation and leisure-time activities for all groups and interest levels. The Department is dedicated to enhancing the quality of life and fostering a sense of community by providing superior recreational, educational and cultural services and through the effective maintenance and protection of the City's natural resources.



Open Gym Pricing

Register at the front desk before entering the gym

City Residents:	Free
Non-City Residents 5 and under:	Free
Non-City Residents 6-18 or 65+:	Free
Non-City Residents 19-64:	\$3

Hotline: 703-248-5077

Call for current schedule or visit www.FallsChurchVA.gov/OpenGym.

Facility Locations

Falls Church Community Center

223 Little Falls Street

Cherry Hill Farmhouse

312 Park Ave.

George Mason High School

7124 Leesburg Pike

Mary Ellen Henderson

7130 Leesburg Pike

Registration Dates

Residents: January 3

Non-Residents: January 10

Brochure Availability

The brochure is available on-line at www.fallschurchva.gov/recreation. If you are a non-resident and prefer a mailed copy, please call **703-248-5027** or email recreation@fallschurchva.gov.

Policy of Non-Discrimination on the Basis of Disability:

The City of Falls Church does not discriminate on the basis of disability in its employment practices or in the admission to access to, or operation of its services, programs, or activities. Cindy Mester, 300 Park Ave., Falls Church, VA, has been designated to coordinate compliance with the ADA non-discrimination requirements. The City of Falls Church is committed to the letter and spirit of the Americans with Disabilities Act. This document will be made available in alternate format upon request. Call **703-248-5027**, (TTY 711).

Photographic Release:

By participating in programs and using our facilities, you are granting the City of Falls Church and the Parks and Recreation Department permission to use photographic images of you and/or your minors for marketing purposes.

Class & Athletic Program Refund Policy

For refunds submitted...

Ten or more days before the activity start date 80% Refund/ 90% Credit

Five to nine calendar days before the activity start date 90% Credit only

Less than five calendar days before the activity start date No Refund/ No Credit

Programs cancelled by the Department... 100% Refund/ Credit

Camp Refund Policy

For refunds submitted...

More than fourteen days before the camp start date 80% Refund/ 90% Credit

Less than fourteen calendar days before the camp start date No Refund/ No Credit

Camps cancelled by the Department..... 100% Refund/ Credit

Some camps have different refund policies which are listed in the camp description. Special refund requests will be considered for medical reasons submitted with a doctor's note or relocation of at least 25 miles from the City of Falls Church. To request a credit or refund a "Request for Refund/Household Credit" form must be completed and submitted. All requests are handled using the guidelines listed above.

Inclement Weather Policy

Programs, activities and classes are divided into day and evening sessions. The Day Session includes all activities that take place or start between the hours of 8am and 3pm. The Evening Session includes all activities that take place or start after 3pm. Depending on weather conditions, it is possible that activities may be cancelled for the day session and held for the evening session or vice versa. **For up-to-date information, please call the inclement weather hotline at 703-248-5077.**

Holidays: Classes will not be held on City-observed legal holidays unless otherwise noted. Hobby Class Holiday Schedule: No classes held Jan. 16, 20, Feb. 20, April 8-16, May 29.

How to Register



On-line: Go to www.fallschurchva.gov/recreation and click "Register Now". Full payment is required at the time of registration. Registration begins at 8am on the first day of registration.



Walk-in: 223 Little Falls St. There are no registration forms to complete. Registration begins at 8am on the first day of registration.



Mail-in: Mail-in registrations are processed at the end of the business day. Complete the registration form below, include payment, and mail to **Falls Church Recreation and Parks Department, 223 Little Falls St. Falls Church, VA 22046**



Phone-in: Phone in registration begins 8am the second day of registration January 4 and January 11. To register, call **703-248-5027** and have your credit card ready.

Registration Starts

Falls Church City Residents:
Tuesday, January 3, 2017

Non-City Residents:
Tuesday, January 10, 2017

Register Early: All classes are filled on a first-come, first-served basis. **Deadlines to register are typically one week prior to the start of the class. Early registration helps prevent cancellations.**

Senior Citizens: Senior Citizens (65+) residing in the City of Falls Church will receive a 50% discount on registration fees only. All supply or material fees must be paid in full.

Financial Aid: Financial aid is available for City of Falls Church residents only. Forms are available in the main office or call **703-248-5027** for more information.



Registration Form



For More Information: Call 703-248-5027; Fax 703-536-8150

Mail to Falls Church Recreation and Parks Department, 223 Little Falls St. Falls Church, VA 22046
Make checks payable to City of Falls Church. Only one family per form. Photocopies are accepted.
Payment must accompany registration. Late registrations are accepted if an opening is available.

Primary Household Last Name: _____ First Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Evening Phone Number: () _____ Day Phone Number: () _____

Cell Phone Number: () _____ Email: _____

Participant Name	Male/Female	Date of Birth	Activity Registration #	Activity Name	Activity Fee
Total					

I understand that there may be risk inherent in any activity, including exercise, and I acknowledge that I have been advised to seek the advice of a medical doctor before I or my child participates in this program. I and my child agree to assume all risks of illness or injury resulting from participation in the program(s) noted below. I understand that the City of Falls Church makes no representations as to the safety of this program for me. I and my child hereby waive and release the City of Falls Church, its agents, officers and employees, including the program instructor, from and against all claims for illness or injury directly resulting from my participation in this program.

Participant Signature: _____

Date: _____

Confirmations: You will be notified if the class is cancelled or changed. Your receipt provides you with class information including start date, time and location.

Credit Card Information:

circle one:



Card Number: _____

Exp Date: _____ CVC Code: _____



223 Little Falls St.
Falls Church, VA 22046

PRESORTED
STANDARD MAIL
US POSTAGE
PAID
MERRIFIELD, VA
PERMIT NO. 7034

Recreation & Parks Department 2017 Registration Dates to Remember

Winter/Spring Class Registration

January 3 City Residents; January 10 Non-city

Summer Camp Registration

February 6 City Residents; February 13 Non-city

Summer Class Registration

May 1 City Residents; May 8 Non-city

Fall Class Registration

August 14 City Residents; August 21 Non-city

Spring Youth Soccer Registration

Early Bird: January 30-February 12; Regular: February 13-26

Fall Youth Soccer Registration

Early Bird: July 10-23; Regular: July 24-August 6

Fall Youth Flag Football Registration

Early Bird: June 5-July 3; Regular: July 4-August 6

Winter Youth Basketball Registration

Early Bird: October 2-15; Regular: October 16-29



Printed on recycled paper
containing 30% post-consumer waste